

Sweet Chilli Chinese Sticky Chicken

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-5-spice-chicken-thighs-recipe>

Ingredients:

- 8 chicken thighs skin on
- 2 tablespoons Chinese five-spice see post for the link to buy
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 5 tablespoons sweet chilli sauce see post for link to buy
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 3 cloves garlic chopped
- 1 inch fresh ginger piece of, peeled and finely grated

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 195 milligrams
4. Fat: 35 grams
5. Fiber: 2 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

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