

Grilled Chinese Char Siu Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-char-siu-chicken-recipe>

Ingredients:

- 1/4 cup brown sugar organic
- 1/4 cup raw honey
- 1/4 cup ketchup organic
- 1/4 cup gluten free soy sauce
- 3 tablespoons beet powder
- 2 tablespoons rice vinegar
- 1 tablespoon gluten free hoisin sauce
- 1/2 teaspoon Chinese five-spice powder
- sea salt
- freshly ground black pepper
- 2 1/2 pounds boneless skinless chicken thighs
- oil spray cooking

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 180 milligrams
4. Fat: 9 grams
5. Protein: 62 grams
6. SaturatedFat: 3 grams
7. Sodium: 1700 milligrams
8. Sugar: 31 grams

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