

Chinese Chicken Thighs

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-dinner-recipe-for-two>

Ingredients:

- 6 chicken thighs free range
- 2 tablespoons olive oil
- 1/2 teaspoon minced ginger
- 2 cloves minced garlic
- 3 tablespoons honey
- 2 tablespoons dark soy sauce
- 2 teaspoons sesame seeds
- seasoning salt and pepper to taste

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 115 milligrams
4. Fat: 28 grams
5. Protein: 24 grams
6. SaturatedFat: 6 grams
7. Sodium: 550 milligrams
8. Sugar: 13 grams

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