

Sticky Chinese 5 Spice Chicken

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 8 pieces boneless skinless chicken thighs
- sesame seeds to serve
- green onions to serve
- cilantro to serve
- 1 tablespoon soy sauce gluten-free soy sauce, if needed and coco aminos for paleo
- 1 tablespoon chinese five-spice powder
- 1 teaspoon flavored oil neutral
- 1 lime
- 1 clove garlic finely minced or grated on a Microplane
- 1 inch ginger piece of, finely minced or grated on a Microplane
- 1/4 cup balsamic vinegar
- 1/4 cup honey
- 2 tablespoons soy sauce gluten-free soy sauce, if needed and coco aminos for paleo
- 1 teaspoon Sriracha

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 140 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 47 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 960 milligrams
9. Sugar: 21 grams

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