

Killer Chicken Thigh Marinade

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-chicken-thigh-recipe>

Ingredients:

- 8 bone-in, skin-on chicken thighs about 4 lbs
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 4 tablespoons low sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lemon juice or lime juice
- 5 tablespoons honey or maple syrup
- 6 cloves garlic minced
- 1/2 teaspoon black pepper freshly ground
- 2 teaspoons kosher salt plus more to taste

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 195 milligrams
4. Fat: 40 grams
5. Protein: 40 grams
6. SaturatedFat: 10 grams
7. Sodium: 1060 milligrams
8. Sugar: 11 grams

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