

Vietnamese Caramel Chicken

Yield: 3 min
Total Time: 20 min

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

Ingredients:

- 1 pound chicken thighs with skin, deboned
- 2 tablespoons oil
- 3 cloves garlic minced
- 1/2 jalapeno sliced
- 1 tablespoon sugar
- 1 tablespoon fish sauce
- black pepper
- 1 tablespoon fish sauce
- 3 tablespoons water
- 1/2 tablespoon sugar
- 3 teaspoons rice vinegar or Apple cider vinegar

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 125 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 7 grams
8. Sodium: 1040 milligrams
9. Sugar: 7 grams

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