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## Sticky Orange-Glazed Chicken Thighs •

Sticky Orange-Glazed Chicken Thighs is a delicious and flavorful dish that combines the tangy sweetness of orange with tender and juicy chicken thighs. This recipe is perfect for any occasion and can be enjoyed by both adults and children. The chicken thighs are marinated in a sticky orange glaze and then roasted to perfection. The result is a dish that is bursting with flavor and will leave you wanting more.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>800 g</b>	Chicken Thighs
<b>1 c</b>	orange juice
<b>3 tbsp</b>	soy sauce

<b>2 tbsp</b>	honey
<b>3 cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>1 tbsp</b>	cornstarch
<b>2 tbsp</b>	water
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

#### Mixing

In a bowl, whisk together orange juice, soy sauce, honey, minced garlic, grated ginger, cornstarch, water, salt, and black pepper to make the glaze.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Marinating

Place chicken thighs in a large ziplock bag and pour the glaze over them. Seal the bag and marinate in the refrigerator for at least 1 hour.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 4

Cutting

Remove the chicken thighs from the marinade and place them on a baking sheet lined with parchment paper. Reserve the marinade for later use.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Oven

Bake the chicken thighs in the preheated oven for 20-25 minutes, or until the internal temperature reaches 165°F (74°C).

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 6

Boiling

While the chicken is baking, pour the reserved marinade into a small saucepan and bring it to a boil. Reduce the heat and simmer for 5 minutes, or until the glaze thickens.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Broiling

Brush the cooked chicken thighs with the thickened glaze and broil for 2-3 minutes, or until the glaze caramelizes and becomes sticky.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 8

Resting

Remove the chicken thighs from the oven and let them rest for a few minutes before serving. Serve with steamed rice and vegetables, if desired.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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