

SRIRACHA CHICKEN

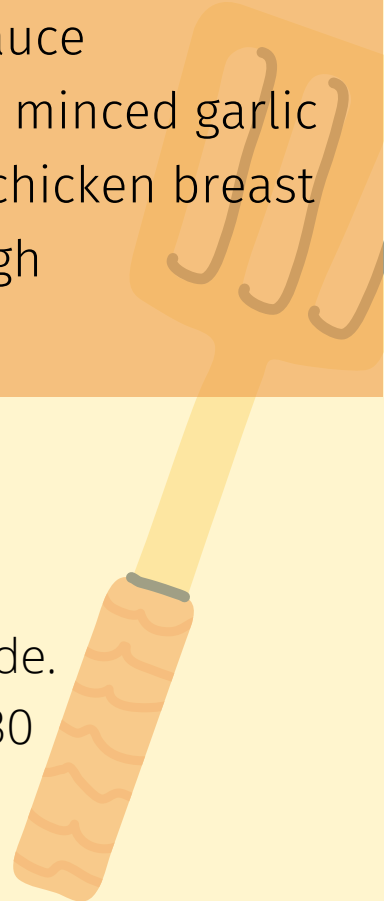


INGREDIENTS

- 1/2 cup sriracha hot sauce
- 1/2 cup honey
- 1 cup low sodium soy sauce
- 1 tbsp minced garlic
- 3 lbs chicken breast or thigh

INSTRUCTIONS

1. In a large bowl mix honey, sriracha, garlic, and soy sauce. Add chicken and mix it with marinade.
2. Cover and marinate chicken for minimum of 30 mins to 2 hours (if time allows)
3. Preheat oven to 400°F
4. Place marinated chicken in a glass baking dish and pour the rest of the marinade on the chicken
5. Bake for 15 mins and then flip. Bake for another 20 minutes.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 6

Calories	273
Total fat	8.4 g
Saturated fat	2.4 g
Cholesterol	50.5 mg
Sodium	2.0 mg
Total carbohydrates	30.9 g
Dietary fiber	0.1 g
Sugar	27.2 g
Protein	16.4 g
Calcium	2.2 %
Iron	4.1 %
Potassium	135.7 mg
Vitamin A	10%
Vitamin C	100.1%

