

# Asian Glazed Chicken Thighs



## INGREDIENTS

(Serves 4)

32 ounces boneless, skinless chicken thighs, fat  
trimmed

1/4 cup low sodium soy sauce or coconut aminos

2 1/2 tablespoons balsamic vinegar

1 tablespoon honey

3 cloves garlic, crushed

1 teaspoon Sriracha hot sauce

1 teaspoon fresh grated ginger

# DIRECTIONS

1. In a small bowl combine the balsamic, soy sauce, honey, garlic, sriracha and ginger and mix well.
2. Pour half of the marinade (1/4 cup) into a large bowl with the chicken, covering all the meat and marinate at least 2 hours, or as long as overnight.
3. Reserve the remaining sauce for later.
4. Preheat the air fryer to 400F.
5. Remove the chicken from the marinade and transfer to the air fryer basket.
6. Cook in batches 14 minutes, turning halfway until cooked through in the center.
7. Meanwhile, place the remaining sauce in a small pot and cook over medium-low heat until it reduces slightly and thickens, about 1 to 2 minutes.
8. To serve, drizzle the sauce over the chicken and top with scallions.

## Nutrition Facts

4 servings per container

**Serving size**

**1 Piece**

**Amount Per Serving**

**Calories**

**310**

**% Daily Value\***

**Total Fat** 9g

**12%**

Saturated Fat 2.5g

**13%**

*Trans* Fat 0.045g

**Cholesterol** 215mg

**72%**

**Sodium** 820mg

**36%**

**Total Carbohydrate** 8g

**3%**

Dietary Fiber 0g

**0%**

Total Sugars 6g

Includes 0g Added Sugars

**0%**

**Protein** 46g

**92%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.