

# Sweet-And-Tangy Caramelized Chicken Thighs

J. M. Hirsch - Associated Press  
Scripps - Howard Treasure Coast Newspapers

## Servings: 6

1/2 cup sugar  
1/4 cup water  
1/4 cup fish sauce  
2 tablespoons low-sodium soy sauce  
1 tablespoon fresh ginger, grated  
juice of 1/2 lime  
1 tablespoon canola or vegetable oil  
3 pounds boneless/skinless chicken thighs, trimmed and cut into 1/2-inch strips  
scallions (for garnish), thinly sliced  
fresh cilantro (for garnish), chopped

In a large saucepan over medium heat, combine the sugar and water. Bring to a simmer and cook without stirring for about 10 minutes, or until the sugar has browned and thickened to caramel. Stir in the fish sauce, being careful of sputtering, then the soy sauce, ginger and lime juice. Return to a simmer.

Meanwhile, in a large saute' pan over medium, heat the oil. Add the chicken and cook, stirring often, for 20 minutes or until cooked through. When the chicken has cooked, use a slotted spoon or tongs to transfer the chicken (but none of the liquid in the pan) into the caramel sauce. Toss to coat the chicken with the sauce, then transfer it to a serving platter.

Top with the scallions and cilantro.

Start to Finish Time: 30 minutes

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Per Serving (excluding unknown items): 91 Calories; 1g Fat (14.2% calories from fat); trace Protein; 20g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 201mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 1 1/2 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	14.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	84.2%	Thiamin B1 (mg):	trace

**% Calories from Protein:** 1.6%  
**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 1mg  
**Carbohydrate (g):** 20g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 201mg  
**Potassium (mg):** 28mg  
**Calcium (mg):** 2mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 5IU  
**Vitamin A (r.e.):** 1/2RE

**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 4mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 1 1/2

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 91 **Calories from Fat:** 13

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#### % Daily Values\*

<b>Total Fat</b>	1g		2%
	Saturated Fat	trace	2%
<b>Cholesterol</b>	1mg		0%
<b>Sodium</b>	201mg		8%
<b>Total Carbohydrates</b>	20g		7%
	Dietary Fiber	trace	0%
<b>Protein</b>	trace		

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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		4%
<b>Calcium</b>		0%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.