

1 c. soy sauce  
1 c. sugar  
1/2 c. water  
2 cloves garlic (smashed)  
1 Tbsp. ground ginger

Add all to pot. Bring to a boil. Once boiling, add 2-5 lbs. of chicken thighs with bone and skin on. Lower the heat and cook for about an hour. You can alternately cook in the oven at 350 degrees for an hour and make sure you baste it.

Nutritional information was provided from the recipe that I had cut out:

2 lbs.= 4 servings (!!!!)

632 calories  
41.5 gm fat  
191 gm cholesterol (!!!)  
1371 gm sodium (!!!!!)  
524 mg potassium  
15.5 gm carbohydrates