



## 1990 Marinated Chicken Strips and Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 pounds asparagus fresh
- ☐ 6 chicken breast halves cut into 1/4-inch strips
- ☐ 0.3 cup sherry dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.7 cup honey
- ☐ 6 servings dijon honey mustard
- ☐ 8 cups the salad mixed

- ☐ 2 tablespoons sesame seed toasted
- ☐ 0.8 cup soya sauce
- ☐ 0.3 cup dijon mustard stone-ground
- ☐ 3 medium tomatoes cut into wedges

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags

## Directions

- ☐ Stir together first 5 ingredients; set 1/2 cup mixture aside.
- ☐ Pour remaining soy sauce mixture evenly into 2 heavy-duty zip-top plastic bags. Snap off tough ends of asparagus, and place asparagus spears in 1 bag.
- ☐ Add chicken to remaining bag. Seal and chill at least 2 hours.
- ☐ Drain chicken and asparagus, discarding marinade.
- ☐ Place chicken on a lightly greased roasting pan.
- ☐ Place asparagus in a lightly greased 13- x 9-inch pan.
- ☐ Stir together reserved 1/2 cup soy sauce mixture, mustard, and sesame seeds.
- ☐ Pour 1/2 cup mixture over chicken and remaining 1/4 cup over asparagus.
- ☐ Bake chicken at 425 for 5 minutes.
- ☐ Place asparagus in oven, and bake chicken and asparagus 10 minutes or until chicken is done. Cool, if desired.
- ☐ Place separately in zip-top plastic bags, and chill 8 hours, if desired.
- ☐ Arrange chicken, asparagus, and tomato over salad greens, and drizzle with Honey-Mustard Dressing.
- ☐ \* 1/3 cup pineapple juice may be substituted for the sherry.

## Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:17.87, Inflammation Score:-9, Nutrition Score:27.990434791731%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg

Nutrients (% of daily need)

Calories: 338.66kcal (16.93%), Fat: 4.93g (7.59%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 39.1g (14.22%), Sugar: 35.66g (39.62%), Cholesterol: 72.32mg (24.11%), Sodium: 1891.99mg (82.26%), Alcohol: 1.37g (100%), Alcohol %: 0.4% (100%), Protein: 31.83g (63.65%), Vitamin B3: 14.95mg (74.74%), Selenium: 44.08µg (62.97%), Vitamin B6: 1.15mg (57.4%), Vitamin K: 52.47µg (49.97%), Vitamin A: 2016.98IU (40.34%), Phosphorus: 402.59mg (40.26%), Vitamin C: 28.74mg (34.83%), Manganese: 0.67mg (33.71%), Potassium: 1007.31mg (28.78%), Iron: 4.81mg (26.75%), Folate: 101.99µg (25.5%), Copper: 0.48mg (23.96%), Vitamin B2: 0.39mg (22.68%), Vitamin B1: 0.33mg (22.19%), Vitamin B5: 2.22mg (22.15%), Magnesium: 86.28mg (21.57%), Fiber: 4.22g (16.89%), Zinc: 1.99mg (13.28%), Vitamin E: 1.87mg (12.49%), Calcium: 88.04mg (8.8%), Vitamin B12: 0.23µg (3.77%)