



Asian Aromatic Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce chicken breast halves bone-in
- ☐ 0.5 teaspoon chile paste fresh with garlic ground chile paste
- ☐ 3 inch cinnamon sticks
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onions minced

- ☐ 1.5 teaspoons hoisin sauce
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 star anise

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal and marinate in refrigerator at least 6 hours or up to 24 hours, turning bag occasionally.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Pour marinade into a large skillet; stir in broth. Arrange chicken in a bamboo steamer coated with cooking spray; cover with steamer lid.
- ☐ Place bamboo steamer in pan; bring marinade mixture to a boil. Steam the chicken 18 minutes or until a thermometer inserted in center of breasts registers 16
- ☐ Transfer chicken to a platter.
- ☐ Remove steamer from pan. Strain marinade mixture through a fine sieve into a bowl; discard solids. Return marinade mixture to pan; bring to a boil over high heat. Cook until reduced to 1/2 cup (about 2 minutes).
- ☐ Serve sauce with chicken.
- ☐ Wine note: This recipe includes lots of savory elements, like soy and hoisin sauce, making it suitable for lighter red wines. Li Veli Passamante 2005 (\$1
- ☐ is made from Italy's negroamaro grapes and offers layers of dried cherries, blueberry, and herbs. The wine's light body and bright acid, along with its soft tannins, allow it to match this dish's complexity without overpowering it. Jeffery Lindenmuth

Nutrition Facts

PROTEIN 74.46% FAT 20.62% CARBS 4.92%

Properties

Glycemic Index:25.5, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:22.460435006929%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 283.93kcal (14.2%), Fat: 6.13g (9.43%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.6g (0.95%), Sugar: 0.81g (0.9%), Cholesterol: 145.19mg (48.4%), Sodium: 952.94mg (41.43%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 49.82g (99.64%), Vitamin B3: 24.2mg (120.98%), Selenium: 74.1µg (105.85%), Vitamin B6: 1.75mg (87.41%), Phosphorus: 509.11mg (50.91%), Vitamin B5: 3.36mg (33.58%), Potassium: 933.22mg (26.66%), Magnesium: 71.41mg (17.85%), Vitamin B2: 0.28mg (16.3%), Manganese: 0.26mg (13.09%), Vitamin B1: 0.16mg (10.63%), Zinc: 1.49mg (9.93%), Vitamin B12: 0.57µg (9.45%), Iron: 1.34mg (7.46%), Vitamin K: 6.96µg (6.63%), Copper: 0.09mg (4.72%), Vitamin C: 3.79mg (4.6%), Folate: 17.61µg (4.4%), Vitamin E: 0.52mg (3.5%), Calcium: 31.42mg (3.14%), Fiber: 0.69g (2.77%), Vitamin A: 102.34IU (2.05%), Vitamin D: 0.23µg (1.51%)