



Asian Barbecue Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 6 ounce chicken thighs
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 teaspoon curry powder
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup soya sauce low-sodium

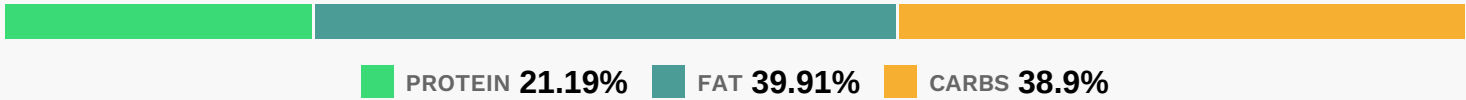
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag; add chicken. Seal and marinate in refrigerator 4 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place marinade in a small saucepan. Bring to a boil; cook 1 minute.
- ☐ Place chicken on grill rack coated with cooking spray; grill 20 minutes or until done, turning and basting frequently with the marinade.
- ☐ Garnish with lime wedges and green onion tops, if desired.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.5573913182901%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 159.86kcal (7.99%), Fat: 7.18g (11.04%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 15.44g (5.61%), Sugar: 13.52g (15.03%), Cholesterol: 41.67mg (13.89%), Sodium: 614.97mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Selenium: 8.59µg (12.27%), Vitamin B3: 2.23mg (11.13%), Vitamin B6: 0.21mg (10.65%), Phosphorus: 99.35mg (9.93%), Manganese: 0.13mg (6.55%), Vitamin B2: 0.1mg (5.89%), Magnesium: 21.87mg (5.47%), Vitamin B5: 0.52mg (5.21%), Potassium: 181.78mg (5.19%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.27µg (4.54%), Iron: 0.72mg (4%), Vitamin B1: 0.04mg (2.95%), Calcium: 25.62mg (2.56%), Copper: 0.05mg (2.36%), Folate: 9.13µg (2.28%), Vitamin C: 1.84mg (2.23%), Vitamin A: 110.6IU (2.21%), Vitamin E:

0.29mg (1.92%), Vitamin K: 1.34µg (1.28%), Fiber: 0.3g (1.21%)