



Asian Chicken and Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 4 cups d coleslaw
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon bottled ground ginger fresh (such as Spice World)
- ☐ 2 tablespoons hoisin sauce
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon vegetable oil

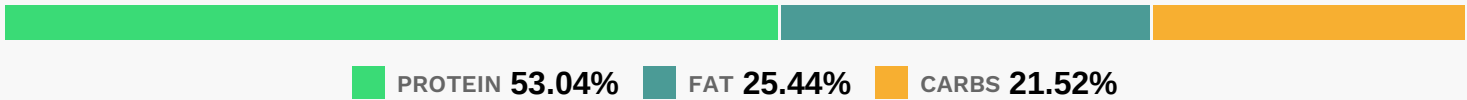
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients; spread evenly over both sides of chicken.
- ☐ Place chicken on a broiler pan coated with cooking spray; broil 6 minutes on each side or until done.
- ☐ While chicken cooks, heat vegetable oil in a large skillet over medium-high heat.
- ☐ Add onion; saute 2 minutes.
- ☐ Add coleslaw; saute 1 minute or until coleslaw begins to wilt.
- ☐ Place coleslaw mixture in a medium bowl.
- ☐ Add sesame oil, salt, and pepper, tossing to coat.
- ☐ Serve coleslaw mixture with chicken.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:17.906521631324%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 195.32kcal (9.77%), Fat: 5.46g (8.4%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.3g (5.89%), Cholesterol: 72.81mg (24.27%), Sodium: 565.62mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.21%), Vitamin B3: 12.17mg (60.84%), Vitamin K: 56.19µg (53.51%), Selenium: 37.21µg (53.16%), Vitamin B6: 0.98mg (49.22%), Vitamin C: 28.89mg (35.01%), Phosphorus: 268.32mg (26.83%), Manganese: 0.4mg (19.76%), Vitamin B5: 1.81mg (18.08%), Potassium: 592.29mg (16.92%), Magnesium: 43.62mg (10.91%), Folate: 40.42µg (10.11%), Fiber: 2.47g (9.9%), Vitamin B2: 0.17mg (9.81%), Vitamin B1: 0.13mg (8.52%), Zinc: 0.88mg (5.86%), Iron: 1.02mg (5.66%), Calcium: 44.95mg (4.49%), Vitamin B12: 0.23µg (3.78%), Copper: 0.07mg (3.58%), Vitamin E: 0.46mg (3.04%), Vitamin A: 105.13IU (2.1%)