

Asian Grilled Chicken

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups chicken broth swanson®
- 0.1 teaspoon pepper red crushed
- 1 teaspoon garlic powder
- 4 chicken breast boneless skinless
- 2 tablespoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon vinegar

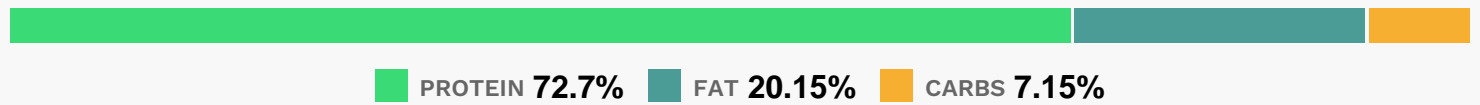
Equipment

grill

Directions

- Mix broth, soy, vinegar, sugar, garlic powder and red pepper in shallow nonmetallic dish.
- Add chicken and turn to coat. Cover and refrigerate 1 hour.
- Remove chicken from marinade.
- Grill or broil chicken 15 minutes or until done, turning and brushing often with marinade.
- Heat remaining marinade to a boil and serve with chicken.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:11.853478427814%

Nutrients (% of daily need)

Calories: 147.62kcal (7.38%), Fat: 3.17g (4.88%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.62g (1.8%), Cholesterol: 74.38mg (24.79%), Sodium: 1016.82mg (44.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.45%), Vitamin B3: 12.38mg (61.9%), Selenium: 36.86µg (52.66%), Vitamin B6: 0.88mg (43.9%), Phosphorus: 256.57mg (25.66%), Vitamin B5: 1.66mg (16.59%), Potassium: 465.95mg (13.31%), Vitamin B2: 0.19mg (11.13%), Magnesium: 34.72mg (8.68%), Vitamin B1: 0.1mg (6.84%), Manganese: 0.12mg (5.99%), Zinc: 0.79mg (5.28%), Iron: 0.76mg (4.22%), Vitamin B12: 0.25µg (4.11%), Copper: 0.06mg (3.15%), Vitamin E: 0.28mg (1.9%), Vitamin C: 1.37mg (1.66%), Folate: 6.51µg (1.63%), Calcium: 12.61mg (1.26%), Vitamin A: 54.49IU (1.09%)