



Butterflied Asian Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



63 min.

SERVINGS



8

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup five-spice chinese
- 2 tablespoons brown sugar
- 1 teaspoon pre-minced ginger
- 1 tablespoon ground ginger
- 1 cup hoisin sauce
- 0.3 cup rice vinegar
- 1 roasting chickens whole
- 1 tablespoon sesame seed toasted

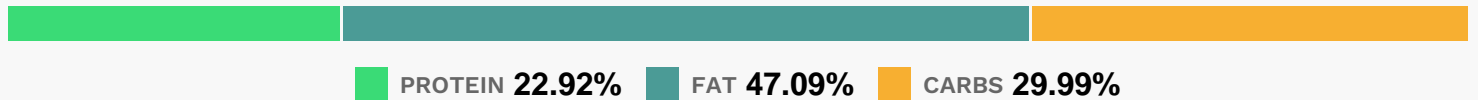
Equipment

- bowl
- pot
- grill
- cutting board

Directions

- Watch how to make this recipe.
- Remove neck, giblets and cut away excess fat from 1 whole roasting chicken. Take a pair of kitchen shears and cut along both sides of backbone to remove it. Turn chicken skin-side up and press down between the breasts to break the keel bone. This will allow the chicken to lay very flat on grill and cook quickly.
- In a small bowl, combine the Chinese five-spice and ground ginger.
- Sprinkle liberally over all sides of chicken. Set aside.
- In a small pot over medium-high heat, combine the hoisin sauce, rice vinegar, pre-minced ginger (from a jar) and the brown sugar. Bring to a boil for 3 minutes before using.
- Set up outdoor or indoor grill on medium heat. Oil grate when ready to start cooking.
- Place chicken on preheated grill. Flip after 15 minutes and glaze top. Turn and brush every 15 minutes until internal temperature of the thigh is 180 degrees F, about 45 minutes total.
- Transfer to cutting board and let it rest 5 minutes before cutting.
- Sprinkle the chicken with sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:15.966956698376%

Nutrients (% of daily need)

Calories: 319.38kcal (15.97%), Fat: 16.76g (25.79%), Saturated Fat: 4.61g (28.78%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 19.7g (7.16%), Sugar: 12.63g (14.03%), Cholesterol: 83.12mg (27.71%), Sodium: 625.89mg (27.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.71%), Vitamin K: 46.14µg (43.94%), Manganese: 0.72mg (36.08%), Vitamin B3: 6.99mg (34.95%), Iron: 4.67mg (25.94%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 189.36mg (18.94%), Vitamin A: 932.72IU (18.65%), Selenium: 12.79µg (18.28%), Fiber: 4.32g (17.26%), Vitamin B2: 0.28mg (16.5%), Vitamin B12: 0.94µg (15.75%), Calcium: 152.09mg (15.21%), Magnesium: 51.65mg (12.91%), Folate: 51.35µg (12.84%), Zinc: 1.63mg (10.89%), Vitamin B5: 1.07mg (10.72%), Copper: 0.19mg (9.72%), Potassium: 339.26mg (9.69%), Vitamin E: 1.45mg (9.66%), Vitamin B1: 0.08mg (5.27%), Vitamin C: 2.62mg (3.17%)