



Campfire Pan-Roasted Chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless with skin
- ☐ 2 garlic cloves chopped
- ☐ 1 inch ginger peeled chopped
- ☐ 1 juice of lime juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.5 cup soya sauce

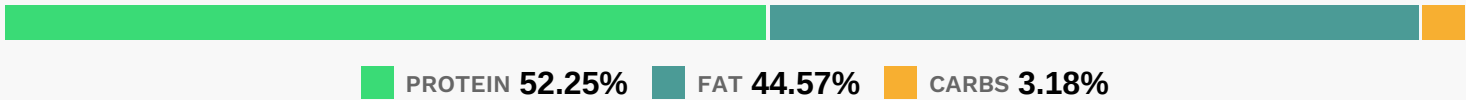
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Put the chicken breasts in a large plastic freezer bag.
- ☐ Add the soy sauce, peanut oil, lime juice, ginger, and garlic. Seal the bag and shake it well to combine the ingredients. Marinate for at least 1 hour, preferably overnight. You can put the bag in the freezer where it will keep for up to 6 months. When you are ready to cook the chicken, remove it from the freezer and thaw it overnight in the refrigerator.
- ☐ Heat a well-seasoned cast iron pan, a non stick skillet, or a grill pan over medium high heat.
- ☐ Remove the chicken from the marinade and shake off any excess; season with salt and pepper. Cook the chicken breast until done, about 4 to 5 minutes per side. Slice and serve on top of the Hearty Shiitake Mushroom and Miso Soup.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:22.751304341399%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 400.14kcal (20.01%), Fat: 19.41g (29.86%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.76g (1.01%), Sugar: 0.67g (0.74%), Cholesterol: 144.64mg (48.21%), Sodium: 1882.75mg (81.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.2g (102.39%), Vitamin B3: 24.75mg (123.77%), Selenium: 72.79µg (103.99%), Vitamin B6: 1.78mg (88.76%), Phosphorus: 516.4mg (51.64%), Vitamin B5: 3.35mg (33.53%), Potassium: 921.06mg (26.32%), Magnesium: 72.26mg (18.06%), Vitamin E: 2.57mg (17.15%), Vitamin B2: 0.27mg (16.1%), Vitamin B1: 0.17mg (11.14%), Manganese: 0.22mg (11.09%), Zinc: 1.47mg (9.78%), Iron: 1.58mg (8.79%), Vitamin B12: 0.45µg (7.53%), Vitamin C: 5.52mg (6.69%), Copper: 0.11mg (5.6%), Folate: 15.26µg (3.82%), Calcium: 21.59mg (2.16%), Vitamin D: 0.23µg (1.51%), Vitamin A: 72.23IU (1.44%), Fiber: 0.35g (1.42%)