



Chicken Marinade



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



252 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 3 cloves garlic crushed
- ☐ 1 tablespoon cooking sherry
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 cup soya sauce
- ☐ 0.5 cup vegetable oil

Equipment

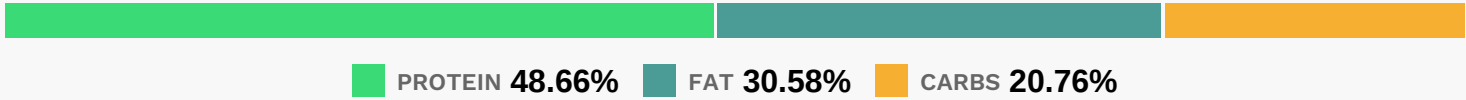
- ☐ bowl

☐ grill

Directions

- ☐ In a medium bowl, mix soy sauce, vegetable oil, sherry, brown sugar, and garlic.
- ☐ Pour into a large resealable bag.
- ☐ Place chicken in the bag, and shake to coat. Marinate in the refrigerator at least 4 hours.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate.
- ☐ Place chicken on the prepared grill. Cook 6 to 8 minutes on each side, or until no longer pink and juices run clear. Discard remaining marinade.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:14.953043385692%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 252.43kcal (12.62%), Fat: 8.45g (12.99%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.39g (4.51%), Sugar: 9.77g (10.86%), Cholesterol: 72.32mg (24.11%), Sodium: 3374.05mg (146.7%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 30.24g (60.48%), Vitamin B3: 14.11mg (70.54%), Selenium: 37.06µg (52.94%), Vitamin B6: 1mg (49.79%), Phosphorus: 317.18mg (31.72%), Vitamin B5: 1.86mg (18.55%), Manganese: 0.35mg (17.71%), Potassium: 564.72mg (16.13%), Magnesium: 54.33mg (13.58%), Vitamin B2: 0.2mg (12.01%), Iron: 1.91mg (10.62%), Vitamin K: 10.3µg (9.81%), Vitamin B1: 0.11mg (7.42%), Zinc: 0.94mg (6.25%), Copper: 0.12mg (6%), Vitamin E: 0.66mg (4.42%), Folate: 15.15µg (3.79%), Vitamin B12: 0.23µg (3.77%), Calcium: 29.13mg (2.91%), Vitamin C: 2.06mg (2.49%), Fiber: 0.51g (2.04%)