



Chicken Skewers with Soy-Mirin Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups rice hot cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 large bell pepper green cut into 8 pieces
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 0.3 cup rice wine sweet (rice wine)
- ☐ 1 large bell pepper red cut into 8 pieces
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1.5 pounds chicken breast halves boneless skinless cut lengthwise into 1-inch strips

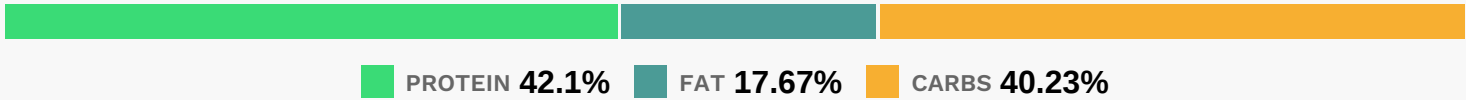
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Combine first 3 ingredients in a large bowl; add chicken to bowl, and toss to coat.
- ☐ Let stand 15 minutes, turning chicken occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place marinade in a small saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 5 minutes). Thread chicken and bell peppers on 8 (12-inch) wooden skewers.
- ☐ Brush skewers with marinade.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 4 minutes on each side or until done, brushing occasionally with remaining marinade.
- ☐ Remove from grill; sprinkle with sesame seeds.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:36.67, Inflammation Score:-9, Nutrition Score:30.500000036281%

Flavonoids

Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 437.49kcal (21.87%), Fat: 7.98g (12.28%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 38.23g (13.9%), Sugar: 2.88g (3.2%), Cholesterol: 108.86mg (36.29%), Sodium: 967.21mg (42.05%), Alcohol: 3.22g (100%), Alcohol %: 0.98% (100%), Protein: 42.79g (85.58%), Vitamin C: 87.49mg (106.04%), Vitamin B3: 19.24mg (96.18%), Selenium: 65.12µg (93.03%), Vitamin B6: 1.66mg (83.05%), Phosphorus: 488.65mg (48.87%), Manganese: 0.87mg (43.46%), Vitamin B5: 3.13mg (31.27%), Vitamin A: 1486.8IU (29.74%), Potassium: 927.61mg (26.5%), Magnesium: 97.37mg (24.34%), Vitamin B2: 0.29mg (17.22%), Copper: 0.34mg (16.86%), Zinc: 2.2mg (14.7%), Vitamin B1: 0.22mg (14.55%), Folate: 46.55µg (11.64%), Iron: 2.07mg (11.51%), Fiber: 2.65g (10.61%), Vitamin E: 1.28mg (8.54%), Calcium: 73.7mg (7.37%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.52µg (5.26%), Vitamin D: 0.17µg (1.13%)