

Chicken Teriyaki - It's a Secret



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves boneless skinless thin
- 1 cup mayonnaise
- 0.8 cup soya sauce

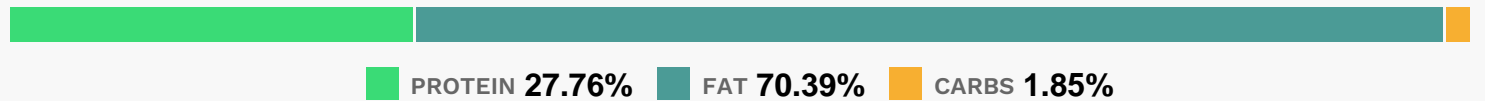
Equipment

- bowl
- grill

Directions

- In a medium bowl, mix together the soy sauce and mayonnaise.
- Add the chicken, and turn to coat. Cover, and marinate for 30 minutes.
- Preheat a grill for medium heat. When the grill is hot, lightly brush the grate with oil.
- Place the chicken onto the grill with a thick coating of the marinade. Discard remaining marinade. Cook for about 10 minutes per side, or until chicken is firm and juices run clear.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:23.173478427141%

Nutrients (% of daily need)

Calories: 600.13kcal (30.01%), Fat: 46.32g (71.26%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.06g (1.18%), Cholesterol: 132mg (44%), Sodium: 2982.13mg (129.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.09g (82.19%), Vitamin B3: 19.4mg (96.99%), Vitamin K: 91.62µg (87.26%), Selenium: 55.88µg (79.82%), Vitamin B6: 1.36mg (68.05%), Phosphorus: 424.26mg (42.43%), Vitamin B5: 2.68mg (26.75%), Potassium: 730.57mg (20.87%), Magnesium: 62.03mg (15.51%), Vitamin B2: 0.25mg (14.49%), Vitamin E: 2.16mg (14.39%), Manganese: 0.25mg (12.32%), Iron: 1.78mg (9.89%), Vitamin B1: 0.14mg (9.32%), Zinc: 1.25mg (8.36%), Vitamin B12: 0.41µg (6.77%), Copper: 0.12mg (5.76%), Folate: 17.41µg (4.35%), Vitamin C: 2.03mg (2.47%), Calcium: 21.66mg (2.17%), Vitamin D: 0.28µg (1.88%), Vitamin A: 87.25IU (1.75%), Fiber: 0.35g (1.39%)