



## Chicken teriyaki skewers with griddled spring onions



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 75 ml teriyaki sauce gluten-free (or alternative)
- ☐ 2 tbsp clear honey
- ☐ 1 tbsp soya sauce gluten-free (or use alternative)
- ☐ 4 chicken breast cut into chunks
- ☐ 1 bunch spring onion trimmed
- ☐ 1 tbsp vegetable oil

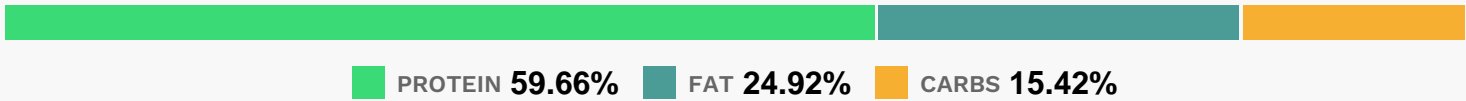
### Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ skewers
- ☐ wooden skewers

## Directions

- ☐ If using wooden skewers, soak them in water for 20 mins to prevent them from burning.
- ☐ Heat grill to high and line a baking tray with foil.
- ☐ Mix together the teriyaki sauce, honey and soy.
- ☐ Add the chicken pieces and mix to coat. Thread the chicken onto the skewers.
- ☐ Place on the lined baking tray and cook under the grill for about 15 mins until charred, turning and basting from time to time with any extra sauce. Check that the chicken is cooked through before serving.
- ☐ Meanwhile, heat a griddle pan until hot. Toss the spring onions in the vegetable oil and some seasoning, tip into the pan and cook for 3–4 mins until nicely charred and softened.
- ☐ Serve with the chicken skewers.

## Nutrition Facts



## Properties

Glycemic Index:24.82, Glycemic Load:4.63, Inflammation Score:-4, Nutrition Score:22.38826085951%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 344.55kcal (17.23%), Fat: 9.27g (14.27%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.67g (4.61%), Sugar: 12.06g (13.39%), Cholesterol: 144.64mg (48.21%), Sodium: 1389.09mg (60.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.95g (99.9%), Vitamin B3: 24.08mg (120.42%),

Selenium: 72.73µg (103.9%), Vitamin B6: 1.73mg (86.54%), Phosphorus: 518.24mg (51.82%), Vitamin B5: 3.29mg (32.95%), Potassium: 919.12mg (26.26%), Magnesium: 75.89mg (18.97%), Vitamin K: 19.12µg (18.21%), Vitamin B2: 0.26mg (15.15%), Vitamin B1: 0.16mg (10.5%), Zinc: 1.4mg (9.33%), Iron: 1.46mg (8.14%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 0.74mg (4.94%), Copper: 0.1mg (4.93%), Vitamin C: 3.89mg (4.72%), Folate: 15.73µg (3.93%), Manganese: 0.07mg (3.72%), Vitamin A: 127.62IU (2.55%), Calcium: 22.86mg (2.29%), Vitamin D: 0.23µg (1.51%)