



Chicken Teriyaki with Asparagus

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 spears asparagus fresh
- ☐ 4 chicken breast halves boneless skinless
- ☐ 4 slices swiss cheese
- ☐ 0.8 cup honey teriyaki sauce
- ☐ 0.3 cup white wine

Equipment

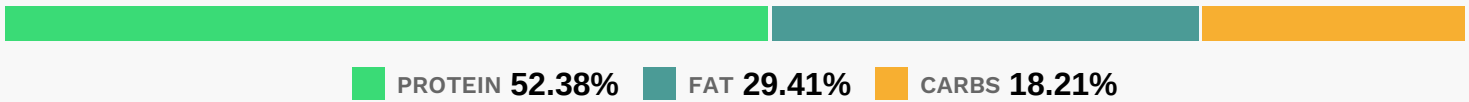
- ☐ bowl
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ steamer basket

Directions

- ☐ In a large bowl, mix the honey teriyaki sauce and wine.
- ☐ Place chicken in the bowl, and coat with the marinade. Cover, and marinate in the refrigerator at least 1 hour (it is best if you can marinate overnight).
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Discard marinade, and arrange chicken breasts in a baking dish.
- ☐ Bake 15 minutes in the preheated oven, until almost done.
- ☐ Place the asparagus in a pot fitted with a steamer basket over 1 inch of boiling water, and steam 5 minutes, until tender.
- ☐ Place 4 asparagus spears on each chicken breast, and top each breast with a slice of Swiss cheese. Return to oven, and continue baking 10 minutes, or until cheese is melted and chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:19.816087142281%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 268.79kcal (13.44%), Fat: 8.28g (12.75%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.14g (3.69%), Sugar: 8.96g (9.96%), Cholesterol: 88.13mg (29.38%), Sodium: 2232.76mg

(97.08%), Alcohol: 1.54g (100%), Alcohol %: 0.74% (100%), Protein: 33.2g (66.4%), Vitamin B3: 13.12mg (65.62%), Selenium: 43.36µg (61.94%), Vitamin B6: 0.98mg (48.9%), Phosphorus: 454.02mg (45.4%), Vitamin K: 27.15µg (25.86%), Potassium: 691.6mg (19.76%), Vitamin B5: 1.97mg (19.73%), Magnesium: 78.39mg (19.6%), Calcium: 187.16mg (18.72%), Vitamin B2: 0.29mg (17.34%), Iron: 2.77mg (15.38%), Vitamin A: 658.84IU (13.18%), Vitamin B12: 0.74µg (12.32%), Vitamin B1: 0.18mg (12.18%), Zinc: 1.82mg (12.11%), Folate: 43.8µg (10.95%), Copper: 0.21mg (10.7%), Vitamin E: 1.04mg (6.93%), Manganese: 0.14mg (6.82%), Vitamin C: 4.94mg (5.99%), Fiber: 1.4g (5.59%)