



Chicken Yakitori on Watercress



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breast tenders
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 tablespoons sesame oil dark
- ☐ 0.5 cup green onions sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons mirin
- ☐ 0.3 cup radishes sliced
- ☐ 2 tablespoons rice wine vinegar

- ☐ 2 teaspoons sugar
- ☐ 4 cups watercress trimmed (1 bunch)

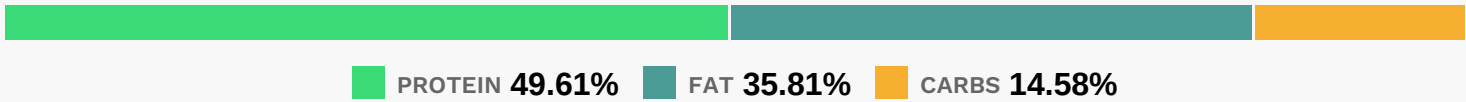
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a large bowl. Reserve half of marinade.
- ☐ Add chicken to marinade in bowl, turning to coat.
- ☐ Let stand 5 minutes.
- ☐ While chicken marinates, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Drain chicken; discard marinade.
- ☐ Add chicken to pan; cook 4 minutes on each side or until done.
- ☐ Remove pan from heat; add reserved marinade and onions. Toss to coat.
- ☐ Divide watercress evenly among 4 plates. Divide chicken mixture evenly among servings; top evenly with radishes and sauce.

Nutrition Facts



Properties

Glycemic Index:54.02, Glycemic Load:1.72, Inflammation Score:-8, Nutrition Score:19.459565401077%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 211.13kcal (10.56%), Fat: 8.3g (12.77%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.54g (5.05%), Cholesterol: 72.57mg (24.19%), Sodium: 505.56mg (21.98%), Alcohol: 0.85g (100%), Alcohol %: 0.54% (100%), Protein: 25.88g (51.75%), Vitamin K: 112.04µg (106.71%), Vitamin B3: 12.09mg (60.43%), Selenium: 36.83µg (52.61%), Vitamin B6: 0.92mg (46.07%), Phosphorus: 278.59mg (27.86%), Vitamin A: 1281.15IU (25.62%), Vitamin C: 19.4mg (23.52%), Vitamin B5: 1.77mg (17.69%), Potassium: 613.96mg (17.54%), Magnesium: 45.63mg (11.41%), Vitamin B2: 0.19mg (11.05%), Manganese: 0.17mg (8.27%), Vitamin B1: 0.11mg (7.63%), Calcium: 60.59mg (6.06%), Zinc: 0.83mg (5.56%), Folate: 20.96µg (5.24%), Vitamin E: 0.78mg (5.19%), Iron: 0.83mg (4.61%), Copper: 0.08mg (3.83%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.71g (2.84%)