



Easy Garlic Ginger Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic crushed
- ☐ 3 tablespoons ground ginger
- ☐ 4 juice of lime juiced
- ☐ 1 tablespoon olive oil
- ☐ 4 chicken breast halves boneless skinless

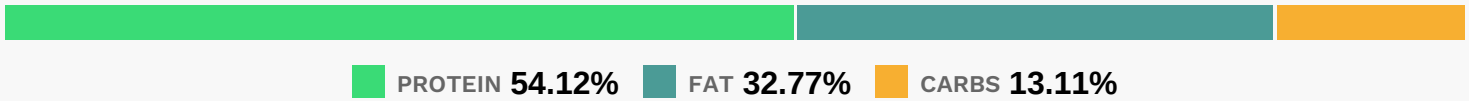
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐
- Pound the chicken to 1/2 inch thickness. In a large resealable plastic bag combine the garlic, ginger, oil and lime juice. Seal bag and shake until blended. Open bag and add chicken. Seal bag and marinate in refrigerator for no more than 20 minutes.
- ☐
- Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:15.471304463304%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 183.18kcal (9.16%), Fat: 6.62g (10.18%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.26g (1.91%), Sugar: 0.66g (0.73%), Cholesterol: 72.32mg (24.11%), Sodium: 133.15mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.19%), Manganese: 1.31mg (65.44%), Vitamin B3: 12.2mg (61.03%), Selenium: 38.6µg (55.15%), Vitamin B6: 0.91mg (45.46%), Phosphorus: 251.24mg (25.12%), Vitamin B5: 1.68mg (16.78%), Potassium: 511.76mg (14.62%), Vitamin C: 11.08mg (13.44%), Magnesium: 40.37mg (10.09%), Vitamin B2: 0.13mg (7.43%), Iron: 1.25mg (6.92%), Vitamin B1: 0.09mg (5.74%), Zinc: 0.84mg (5.61%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (3.17%), Fiber: 0.7g (2.78%), Vitamin K: 2.58µg (2.46%), Folate: 8.07µg (2.02%), Calcium: 18.23mg (1.82%)