

Easy Grilled Chicken Teriyaki



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 cup juice of lemon
- ☐ 2 teaspoons sesame oil
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 cup teriyaki sauce

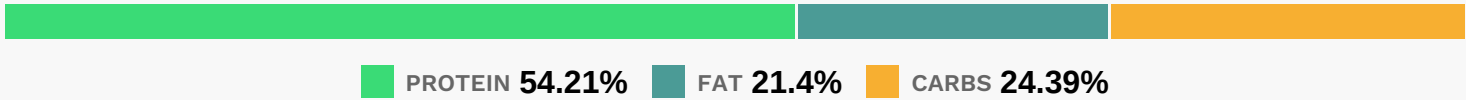
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat.
- ☐ Place in refrigerator for 24 hours, turning every so often.
- ☐ Preheat grill for high heat.
- ☐ Lightly oil the grill grate.
- ☐ Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:13.689565132494%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 216.17kcal (10.81%), Fat: 4.99g (7.67%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.63g (4.59%), Sugar: 10.55g (11.72%), Cholesterol: 72.32mg (24.11%), Sodium: 2889.09mg (125.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.41g (56.82%), Vitamin B3: 12.72mg (63.62%), Selenium: 37.18µg (53.11%), Vitamin B6: 0.94mg (47.2%), Phosphorus: 351.7mg (35.17%), Magnesium: 74.59mg (18.65%), Vitamin B5: 1.78mg (17.83%), Potassium: 601.82mg (17.19%), Vitamin B2: 0.17mg (9.84%), Vitamin C: 7.73mg (9.36%), Iron: 1.68mg (9.33%), Vitamin B1: 0.1mg (6.71%), Copper: 0.11mg (5.47%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.23µg (3.77%), Folate: 13.38µg (3.34%), Calcium: 27.28mg (2.73%), Manganese: 0.04mg (2.19%), Vitamin E: 0.27mg (1.78%)