



## Easy Teriyaki Chicken

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



3

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 servings pepper black freshly ground
- 1.3 teaspoons ginger fresh grated peeled (from a 1-)
- 0.3 cup honey
- 0.8 cup soy sauce low-sodium
- 2 medium spring onion thinly sliced
- 1 pound chicken breast boneless skinless
- 4 teaspoons vegetable oil

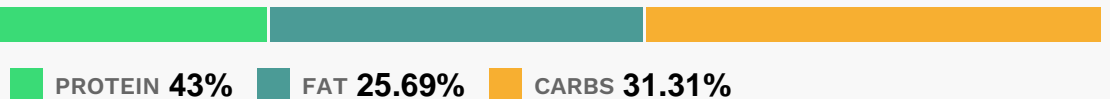
### Equipment

- frying pan
- sauce pan
- plastic wrap
- cutting board
- meat tenderizer

## Directions

- Bring the soy sauce and honey to a simmer in a small saucepan over medium heat, stirring often until the honey has completely dissolved, about 5 minutes.
- Add the ginger, stir to combine, remove from the heat, and set aside. If using chicken breasts, place them on a cutting board and cover with a sheet of plastic wrap. Use a meat mallet or a frying pan to gently pound them to a 1/2-inch thickness.
- Cut each in half so you have 4 pieces roughly the same size. (If using chicken thighs, no need to pound or cut.) Season both sides of the chicken with pepper.
- Heat the oil in a large frying pan over high heat until shimmering.
- Add the chicken in a single layer and cook without disturbing until browned, about 3 minutes. Flip and cook the second side until browned, about 3 minutes more. Reduce the heat to medium, slowly pour in the reserved sauce, and cook, flipping the chicken occasionally to coat in the sauce, until cooked through, about 3 minutes.
- Transfer the chicken from the pan, letting the excess sauce drip off, to a clean cutting board. Reduce the sauce in the pan over medium heat until slightly thickened, about 3 minutes more. Slice the chicken crosswise into 1/2-inch pieces.
- Place on a serving dish, top with the sauce, and sprinkle with the scallions.

## Nutrition Facts



## Properties

Glycemic Index:43.76, Glycemic Load:12.32, Inflammation Score:-5, Nutrition Score:20.225217269815%

## Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 351.74kcal (17.59%), Fat: 10.14g (15.59%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.98g (9.81%), Sugar: 23.76g (26.4%), Cholesterol: 96.77mg (32.26%), Sodium: 2473.25mg (107.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.16g (76.32%), Vitamin B3: 16.59mg (82.95%), Selenium: 49µg (70%), Vitamin B6: 1.25mg (62.45%), Phosphorus: 428.61mg (42.86%), Vitamin K: 32.2µg (30.67%), Vitamin B5: 2.39mg (23.88%), Potassium: 830.91mg (23.74%), Magnesium: 86.39mg (21.6%), Vitamin B2: 0.32mg (19.02%), Manganese: 0.35mg (17.31%), Folate: 41.17µg (10.29%), Zinc: 1.49mg (9.9%), Iron: 1.7mg (9.46%), Vitamin B1: 0.13mg (8.54%), Vitamin E: 1.1mg (7.32%), Vitamin B12: 0.3µg (5.04%), Vitamin C: 3.88mg (4.7%), Copper: 0.09mg (4.69%), Calcium: 36.16mg (3.62%), Fiber: 0.8g (3.22%), Vitamin A: 145.61IU (2.91%), Vitamin D: 0.15µg (1.01%)