



Grilled Sesame-Ginger Chicken

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground ginger
- 4 servings soup noodles hot cooked
- 1 tablespoon sesame seed toasted
- 1.3 lb chicken breast boneless skinless
- 2 tablespoons teriyaki sauce

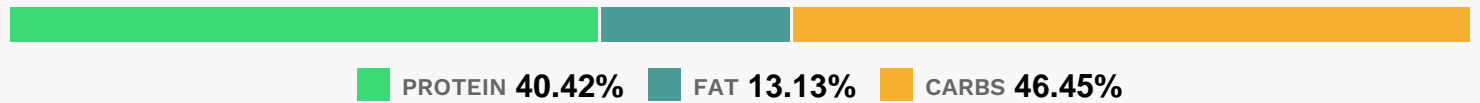
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix teriyaki sauce, sesame seed and ginger.
- Carefully brush grill rack with vegetable oil.
- Place chicken on grill rack over medium heat. Cover grill; cook 15 to 20 minutes, brushing frequently with sauce mixture and turning after 10 minutes, until juice of chicken is clear when center of thickest part is cut (170F). Discard any remaining sauce mixture.
- Serve chicken with noodles.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:16.89, Inflammation Score:-4, Nutrition Score:20.350434962822%

Nutrients (% of daily need)

Calories: 390.5kcal (19.52%), Fat: 5.53g (8.51%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 41.94g (15.25%), Sugar: 2.79g (3.1%), Cholesterol: 90.72mg (30.24%), Sodium: 512.84mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.33g (76.66%), Selenium: 81.82µg (116.88%), Vitamin B3: 15.99mg (79.94%), Vitamin B6: 1.17mg (58.46%), Phosphorus: 430.79mg (43.08%), Manganese: 0.75mg (37.52%), Vitamin B5: 2.28mg (22.83%), Magnesium: 80.11mg (20.03%), Potassium: 685.56mg (19.59%), Copper: 0.29mg (14.66%), Zinc: 1.79mg (11.96%), Vitamin B2: 0.19mg (11.03%), Vitamin B1: 0.16mg (10.66%), Iron: 1.8mg (9.97%), Fiber: 2.11g (8.43%), Vitamin B12: 0.28µg (4.72%), Folate: 18.47µg (4.62%), Calcium: 41.17mg (4.12%), Vitamin E: 0.34mg (2.24%), Vitamin C: 1.7mg (2.07%)