



Foil-wrapped Ginger Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon brown sugar dark
- ☐ 0 piece in ginger peeled cut into thinnest possible slivers
- ☐ 2 green onions cut into 2-in. lengths and then into slivers
- ☐ 1 tablespoon soya sauce (regular)
- ☐ 1 teaspoon soya sauce dark
- ☐ 1 pound boned cut into bite-size pieces and strips

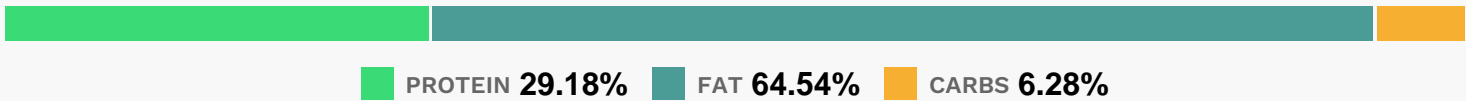
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a large bowl, combine soy sauce, brown sugar, dark soy sauce, and ginger.
- ☐ Add chicken, toss to coat, cover, and chill for at least 1 hour and up to overnight.
- ☐ Preheat oven to 37
- ☐ Lay out 8 pieces of aluminum foil, 6 to 8 in. long each. Put 1/8 of the marinated chicken in the middle of each. Top chicken with green onions and sprinkle with pepper. Fold 1 side of foil over the chicken to cover it, fold opposite side of foil over first fold, and then fold in each end once to seal and create a little packet.
- ☐ Lay packets on a foil- or parchment-lined rimmed baking sheet (packets will leak while cooking, and the marinade is difficult to clean up once it cooks onto a pan).
- ☐ Bake until chicken is cooked through and marinade is reduced and starting to caramelize in each packet, 45 to 60 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:4.3695651966593%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 132.88kcal (6.64%), Fat: 9.43g (14.51%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.58g (1.75%), Cholesterol: 55.57mg (18.52%), Sodium: 212.16mg (9.22%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Selenium: 10.67µg (15.24%), Vitamin B3: 2.77mg (13.85%), Vitamin B6: 0.2mg (10.16%), Phosphorus: 94.81mg (9.48%), Vitamin K: 7.56µg (7.2%), Vitamin B12: 0.36µg (6.05%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.74mg (4.9%), Vitamin B2: 0.08mg (4.82%), Potassium: 134.2mg (3.83%), Magnesium: 12.88mg (3.22%), Vitamin B1: 0.05mg (3.03%), Iron: 0.52mg (2.87%), Manganese: 0.04mg (2.13%), Copper: 0.04mg (1.87%), Vitamin A: 74.68IU (1.49%), Folate: 4.19µg (1.05%)