



Freeze-Ahead Marinated Chicken Breasts



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2 teaspoons garlic finely chopped
- ☐ 2 teaspoons ginger grated
- ☐ 0.3 cup red wine vinegar
- ☐ 4.5 lb chicken breast boneless skinless
- ☐ 1 cup soya sauce
- ☐ 1 tablespoon vegetable oil

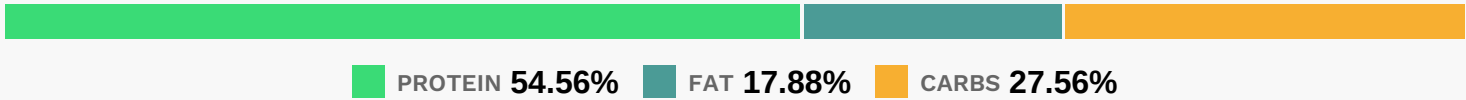
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Place chicken in resealable freezer plastic bags. In medium bowl, stir remaining ingredients until sugar is dissolved. Divide marinade evenly among bag. Seal bags; freeze up to 3 months.
- ☐ To thaw, place bag(s) in refrigerator overnight.
- ☐ Heat oven to 350F.
- ☐ Place chicken and marinade in baking dish.
- ☐ Bake uncovered 50 to 60 minutes, turning once or twice, until juice of chicken is clear when center of thickest part is cut (at least 165F).

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:17.473913267903%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.15kcal (14.36%), Fat: 5.56g (8.56%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 19.13g (6.96%), Sugar: 18.12g (20.14%), Cholesterol: 108.86mg (36.29%), Sodium: 1282.93mg (55.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.41%), Vitamin B3: 18.53mg (92.66%), Selenium: 54.88µg (78.4%), Vitamin B6: 1.33mg (66.35%), Phosphorus: 384.35mg (38.43%), Vitamin B5: 2.52mg (25.24%), Potassium: 700.06mg (20%), Magnesium: 54.08mg (13.52%), Vitamin B2: 0.2mg (11.77%), Vitamin B1: 0.12mg (8.09%), Manganese: 0.15mg (7.26%), Zinc: 1.08mg (7.22%), Iron: 1.25mg (6.96%), Vitamin B12: 0.34µg (5.67%), Copper: 0.08mg (4.17%), Calcium: 28.85mg (2.88%), Vitamin E: 0.42mg (2.78%), Vitamin C: 2.24mg (2.71%), Folate: 10.52µg (2.63%), Vitamin K: 2.43µg (2.32%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.07IU (1.02%)