



WHATSheATE



Grilled Apple- and Ginger-Glazed Chicken Breasts



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple jelly
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger grated
- ☐ 10 oz chicken breast boneless skinless
- ☐ 2 tablespoons teriyaki sauce (from 12-oz bottle)

Equipment

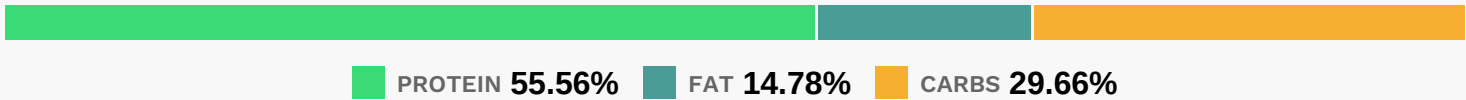
- ☐ bowl

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, mix teriyaki glaze, apple jelly and gingerroot.
- ☐ Heat to boiling, stirring constantly, until jelly is melted. Spoon half of the mixture into small bowl or custard cup; stir in cilantro. Set aside to serve with chicken.
- ☐ Cover and grill chicken over medium heat 15 to 20 minutes, turning and brushing with apple-ginger mixture during last 10 minutes of grilling, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Serve with reserved apple-ginger mixture.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:7.47, Inflammation Score:-3, Nutrition Score:14.293478473373%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 233.64kcal (11.68%), Fat: 3.69g (5.68%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 16.43g (5.97%), Sugar: 12.25g (13.61%), Cholesterol: 90.72mg (30.24%), Sodium: 860.34mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.49%), Vitamin B3: 15.02mg (75.12%), Selenium: 45.96µg (65.66%), Vitamin B6: 1.08mg (54.23%), Phosphorus: 329.41mg (32.94%), Vitamin B5: 2.06mg (20.61%), Potassium: 582.96mg (16.66%), Magnesium: 48.88mg (12.22%), Vitamin B2: 0.17mg (9.99%), Vitamin B1: 0.1mg (6.63%), Zinc: 0.85mg (5.7%), Iron: 0.93mg (5.18%), Vitamin B12: 0.28µg (4.72%), Vitamin C: 3.51mg (4.26%), Copper: 0.08mg (3.88%), Folate: 9.43µg (2.36%), Vitamin E: 0.3mg (1.98%), Calcium: 15.73mg (1.57%), Manganese: 0.03mg (1.54%)