



Grilled Asian Barbecued Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



280 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb chicken whole
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon ground ginger
- ☐ 8 oz hoisin sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup soya sauce

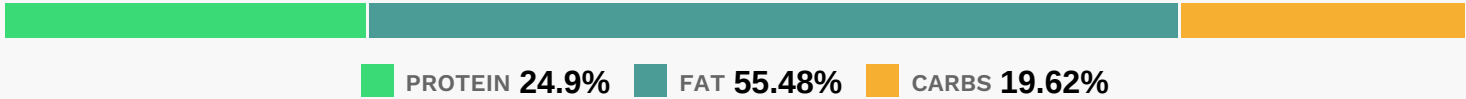
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ In medium bowl, mix hoisin sauce, soy sauce, mustard, lemon juice, sesame oil and ginger. Measure out 1/2 cup mixture; cover and refrigerate for use in step
- ☐ Place remaining mixture in large resealable food-storage plastic bag.
- ☐ Add chicken; seal bag and marinate in refrigerator 4 hours.
- ☐ Heat gas or charcoal grill.
- ☐ Remove chicken from marinade, reserve marinade.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 25 to 30 minutes, turning frequently and brushing with marinade from plastic bag, until juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and drumsticks).
- ☐ Before serving, brush chicken with the 1/2 cup mixture reserved in step 1.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:9.9173912898354%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 368.97kcal (18.45%), Fat: 22.54g (34.68%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 16.55g (6.02%), Sugar: 10.69g (11.87%), Cholesterol: 82.78mg (27.59%), Sodium: 1283.63mg (55.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Vitamin B3: 8.28mg (41.38%), Selenium: 18.23µg (26.05%), Vitamin B6: 0.43mg (21.53%), Phosphorus: 193.04mg (19.3%), Vitamin B2: 0.23mg (13.63%), Manganese: 0.24mg (12.09%), Zinc: 1.63mg (10.86%), Vitamin B5: 1.08mg (10.75%), Iron: 1.71mg (9.49%), Magnesium: 37.77mg (9.44%), Potassium: 286.07mg (8.17%), Copper: 0.12mg (5.95%), Vitamin B12: 0.34µg (5.62%),

Fiber: 1.39g (5.56%), Vitamin B1: 0.08mg (5.55%), Vitamin C: 3.85mg (4.67%), Folate: 18.34µg (4.58%), Vitamin E: 0.52mg (3.49%), Vitamin A: 158.57IU (3.17%), Calcium: 29.64mg (2.96%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.22µg (1.45%)