



Grilled Asian Chicken

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices ginger root fresh
- 2 cloves garlic crushed
- 2 tablespoons honey
- 4 teaspoons sesame oil
- 4 chicken breast halves boneless skinless
- 0.3 cup soya sauce

Equipment

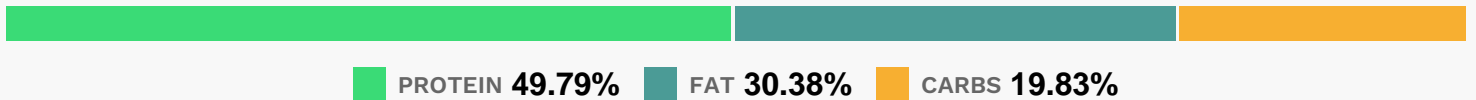
- bowl

- sauce pan
- grill
- microwave

Directions

- In a small microwave-safe bowl, combine the soy sauce, oil, honey, ginger root, and garlic.
- Heat in microwave on medium for 1 minute, then stir.
- Heat again for 30 seconds, watching closely to prevent boiling.
- Place chicken breasts in a shallow dish.
- Pour soy sauce mixture over, and set aside to marinate for 15 minutes.
- Preheat a grill for medium-high heat.
- Drain marinade from chicken into a small saucepan. Bring to a boil, and simmer over medium heat for 5 minutes. Set aside for basting.
- Lightly oil the grill grate. Cook chicken on the prepared grill 6 to 8 minutes per side, or until juices run clear. Baste frequently with remaining marinade. Chicken will turn a beautiful golden brown.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:4.79, Inflammation Score:-2, Nutrition Score:11.806086923765%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.24kcal (10.41%), Fat: 6.96g (10.71%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 10.02g (3.65%), Sugar: 8.91g (9.9%), Cholesterol: 72.32mg (24.11%), Sodium: 941.92mg (40.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Vitamin B3: 12.39mg (61.97%), Selenium: 36.58µg (52.26%), Vitamin B6: 0.9mg (44.94%), Phosphorus: 259.38mg (25.94%), Vitamin B5: 1.68mg (16.84%), Potassium: 466.54mg (13.33%), Magnesium: 36.41mg (9.1%), Vitamin B2: 0.14mg (8.31%), Manganese: 0.13mg (6.31%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.76mg (5.09%), Iron: 0.84mg (4.68%), Vitamin B12: 0.23µg (3.77%),

Copper: 0.06mg (3.09%), Vitamin C: 1.95mg (2.37%), Folate: 7.55µg (1.89%), Vitamin E: 0.28mg (1.84%), Calcium: 12.14mg (1.21%)