



Grilled Asian Chicken with Bok Choy, Shiitake Mushrooms, and Radishes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baby bok choy halved lengthwise
- ☐ 6 chicken breast halves boneless with skin
- ☐ 8.3 inch onion red
- ☐ 1 large and orange peppers cut lengthwise into 8 strips
- ☐ 8 radishes red trimmed halved
- ☐ 8 large mushroom caps stemmed

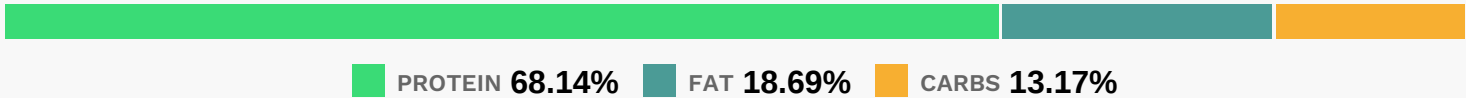
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Arrange all vegetables on large rimmedbaking sheet.
- ☐ Brush vegetables lightlyon both sides with 1/3 cup Mango-Sesame
- ☐ Dressing; sprinkle with salt and pepper.
- ☐ Arrange chicken on sheet of foil.
- ☐ Brushboth sides of chicken with 1/3 cup dressing,then sprinkle with salt and pepper.DO AHEAD: Vegetables and chicken canbe prepared 2 hours ahead.
- ☐ Let stand atroom temperature.
- ☐ Coat grill rack generously withnonstick spray and prepare barbecue(medium-high heat). Grill vegetables untiljust tender, turning occasionally, about 8minutes for onion rounds and 4 minutesfor mushrooms, radishes, bok choy, andpepper strips. Return all vegetables tosame baking sheet.
- ☐ Grill chicken until cooked through, 5to 6 minutes per side.
- ☐ Transfer chicken tocutting board.
- ☐ Let stand 5 to 10 minutes.Cool 2 chicken breasts; wrap and chill for
- ☐ Asian Chicken-Noodle Salad.
- ☐ Arrange remaining 4 chicken breastsand vegetables on platter.
- ☐ Serve withremaining dressing.
- ☐ Per serving:546 calories,30 g fat,2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:28.876956530239%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 231.5kcal (11.57%), Fat: 4.66g (7.17%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.89g (4.32%), Cholesterol: 108.48mg (36.16%), Sodium: 277.56mg (12.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.26g (76.52%), Vitamin C: 106.94mg (129.62%), Vitamin A: 6363.73IU (127.27%), Vitamin B3: 19.19mg (95.96%), Selenium: 55.95µg (79.93%), Vitamin B6: 1.48mg (74.15%), Phosphorus: 401.1mg (40.11%), Vitamin B5: 2.99mg (29.85%), Potassium: 825.15mg (23.58%), Vitamin B2: 0.27mg (15.86%), Magnesium: 55.92mg (13.98%), Calcium: 139.42mg (13.94%), Fiber: 2.91g (11.64%), Iron: 1.77mg (9.83%), Zinc: 1.41mg (9.37%), Vitamin B1: 0.14mg (9.21%), Folate: 32.29µg (8.07%), Manganese: 0.15mg (7.4%), Vitamin E: 0.97mg (6.47%), Vitamin B12: 0.34µg (5.65%), Copper: 0.1mg (4.93%), Vitamin K: 2.47µg (2.36%), Vitamin D: 0.28µg (1.88%)