



Grilled Asian Five-Spice Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder
- ☐ 6 servings lime dipping sauce
- ☐ 1.5 tablespoons brown sugar
- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 1 inch ginger fresh halved
- ☐ 4 garlic cloves peeled
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 3 shallots halved

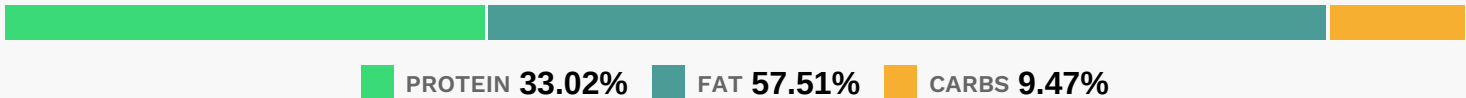
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ kitchen scissors

Directions

- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Re-move skin, and trim excess fat; split chicken in half lengthwise.
- ☐ Place in a large heavy-duty, zip-top plastic bag, and set aside.
- ☐ Combine brown sugar and next 8 ingredients in a food processor; process until smooth.
- ☐ Pour mixture over chicken; seal bag, and marinate in refrigerator at least 12 hours, turning bag occasionally.
- ☐ Remove chicken from marinade, reserving marinade.
- ☐ Place marinade in a saucepan. Bring to a boil, and remove from heat. Coat grill rack with cooking spray; place chicken halves on rack over medium-hot coals (350 to 400). Grill 20 minutes on each side or until done, basting frequently with reserved marinade.
- ☐ Serve with Lime Dipping Sauce, if desired.
- ☐ NOTE: Sharp kitchen scissors are the safest and easiest tool for cutting the chicken in half. Substitute 3 1/2 pounds of chicken pieces for the whole chicken, if desired.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:10.173913033112%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 307.61kcal (15.38%), Fat: 19.31g (29.71%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.32g (4.8%), Cholesterol: 95.25mg (31.75%), Sodium: 584.12mg (25.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.89%), Vitamin B3: 8.81mg (44.07%), Selenium: 18.9µg (27%), Vitamin B6: 0.54mg (26.77%), Phosphorus: 214.75mg (21.48%), Vitamin B5: 1.24mg (12.43%), Zinc: 1.85mg (12.3%), Vitamin B2: 0.18mg (10.59%), Potassium: 340.61mg (9.73%), Iron: 1.73mg (9.59%), Magnesium: 36.29mg (9.07%), Manganese: 0.16mg (7.79%), Vitamin B12: 0.39µg (6.56%), Vitamin B1: 0.09mg (6.26%), Vitamin C: 3.92mg (4.76%), Copper: 0.09mg (4.68%), Vitamin A: 217.48IU (4.35%), Folate: 15.78µg (3.95%), Calcium: 32.65mg (3.27%), Vitamin E: 0.46mg (3.04%), Fiber: 0.65g (2.6%), Vitamin K: 2.13µg (2.02%), Vitamin D: 0.25µg (1.69%)