



Grilled Bourbon Chicken

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 lb chicken breast boneless skinless
- ☐ 0.3 cup bourbon
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon ginger grated
- ☐ 4 cloves garlic crushed
- ☐ 1 serving sea salt

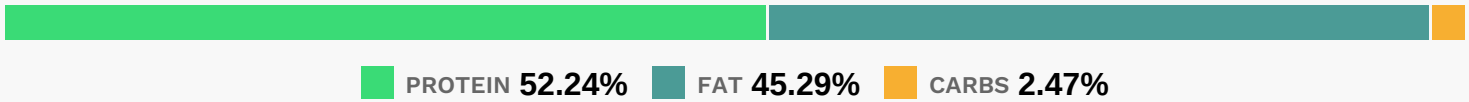
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Pound or cut chicken breasts into thin cutlets.
- ☐ Place in resealable food-storage plastic bag.
- ☐ In small bowl, beat bourbon, soy sauce, oil, gingerroot and garlic with whisk until blended.
- ☐ Pour over chicken; seal bag. Refrigerate 1 hour to marinate.
- ☐ Heat gas or charcoal grill. When grill is heated, remove chicken from marinade; discard marinade.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 8 to 12 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F).
- ☐ Sprinkle with sea salt before serving.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:11.879130262396%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 220.78kcal (11.04%), Fat: 9.71g (14.94%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.19g (0.22%), Cholesterol: 72.57mg (24.19%), Sodium: 696.35mg (30.28%), Alcohol: 3.34g (100%), Alcohol %: 2.98% (100%), Protein: 25.2g (50.4%), Vitamin B3: 12.23mg (61.14%), Selenium: 36.58µg (52.26%), Vitamin B6: 0.89mg (44.44%), Phosphorus: 253.7mg (25.37%), Vitamin B5: 1.66mg (16.63%), Potassium: 449.99mg (12.86%), Magnesium: 34.1mg (8.53%), Vitamin E: 1.19mg (7.94%), Vitamin B2: 0.13mg (7.67%), Vitamin B1: 0.08mg (5.47%), Zinc: 0.72mg (4.82%), Manganese: 0.09mg (4.71%), Vitamin K: 4.32µg (4.11%), Iron:

0.72mg (4.01%), Vitamin B12: 0.23µg (3.78%), Copper: 0.05mg (2.61%), Vitamin C: 1.87mg (2.27%), Folate: 6.42µg (1.6%), Calcium: 10.54mg (1.05%)