



Grilled Chicken Citrus Teriyaki

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

READY IN



55 min.

SERVINGS



2

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup teriyaki sauce (from 12-oz bottle)
- 0.3 cup orange juice concentrate frozen thawed ()
- 2 teaspoons orange zest grated
- 0.5 lb chicken breast uncooked (not breaded)
- 1 cup snow peas
- 3 oz mushrooms fresh sliced
- 1 medium zucchini cut into 1/2-inch slices (2 cups)
- 0.5 medium bell pepper red cut into 1-inch pieces (3/4 cup)

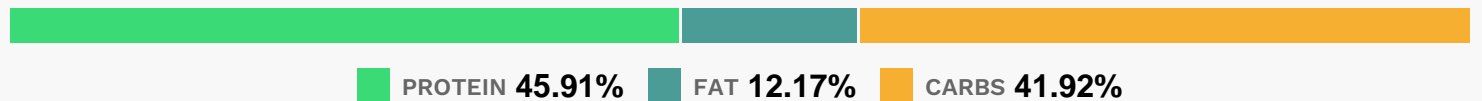
Equipment

- bowl
- grill
- wok

Directions

- In small bowl, mix teriyaki glaze, orange juice concentrate and orange peel. Reserve 2 tablespoons mixture.
- Add chicken to remaining mixture; toss to coat. Cover and refrigerate 30 minutes.
- Meanwhile, heat gas or charcoal grill.
- Place grill basket (grill "wok") over medium heat.
- Remove chicken from marinade; discard marinade.
- Place chicken in grill basket.
- Cover and grill over medium heat 6 to 8 minutes, shaking basket or stirring chicken occasionally, until chicken is brown.
- Add remaining ingredients to grill basket. Cover and grill 6 to 8 minutes, shaking basket or stirring occasionally, until vegetables are crisp-tender and chicken is no longer pink in center.
- Add 2 tablespoons reserved marinade; stir to coat vegetables and chicken. Cover and grill 2 to 3 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:29.138261188631%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 270.12kcal (13.51%), Fat: 3.68g (5.67%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 24.63g (8.96%), Sugar: 22.12g (24.58%), Cholesterol: 72.57mg (24.19%), Sodium: 1526mg (66.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Vitamin C: 141.47mg (171.48%), Vitamin B3: 15.25mg (76.26%), Vitamin B6: 1.35mg (67.51%), Selenium: 41.37µg (59.1%), Phosphorus: 423.17mg (42.32%), Vitamin A: 1837.07IU (36.74%), Potassium: 1279.89mg (36.57%), Vitamin B5: 3.19mg (31.95%), Vitamin B2: 0.53mg (31.18%), Magnesium: 101.11mg (25.28%), Folate: 100.37µg (25.09%), Vitamin B1: 0.35mg (23.43%), Manganese: 0.38mg (19.02%), Vitamin K: 18.29µg (17.42%), Iron: 2.89mg (16.04%), Copper: 0.32mg (16.02%), Fiber: 3.91g (15.63%), Zinc: 1.5mg (9.98%), Vitamin E: 1.22mg (8.11%), Calcium: 71.49mg (7.15%), Vitamin B12: 0.24µg (4.06%), Vitamin D: 0.2µg (1.32%)