



Grilled Chicken with Spicy Ginger Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cole slaw mix prepared
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 2 teaspoons mustard hot (not powder)
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.3 cup rice wine (mirin)

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 teaspoons sesame oil
- ☐ 30 ounces chicken breast halves boneless skinless
- ☐ 1 teaspoon wasabi paste
- ☐ 16 wonton wrappers

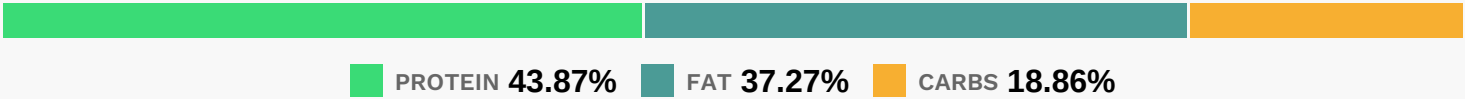
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat a stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat. Season both sides of chicken with salt and black pepper.
- ☐ Place chicken on hot pan and cook 3 to 5 minutes per side, until cooked through.
- ☐ In a small bowl, whisk together rice wine, vegetable oil, wasabi paste, hot mustard, and ginger. Set aside.
- ☐ Heat sesame oil in a large skillet over medium-high heat.
- ☐ Add slaw mix and soy sauce and cook 2 to 3 minutes, until wilted.
- ☐ Arrange wonton wrappers on a flat surface. Top each wrapper with 1 heaping teaspoon of slaw mixture. Pull up sides and pinch the middle together, making a purse.
- ☐ Heat peanut oil in a large skillet over medium-high heat.
- ☐ Add purses and cook 1 minute, until bottom is golden brown.
- ☐ Add broth and bring to a simmer. Cover and steam 3 to 5 minutes, until purses are tender and translucent.
- ☐ Serve 4 of the chicken breast halves with all of the vinaigrette spooned over top and all of the beggar's purses on the side. Reserve remaining chicken for stroganoff, if desired.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:25.941739056421%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 479.98kcal (24%), Fat: 18.78g (28.9%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.7g (7.16%), Sugar: 1.23g (1.37%), Cholesterol: 138.78mg (46.26%), Sodium: 605.69mg (26.33%), Alcohol: 2.41g (100%), Alcohol %: 0.89% (100%), Protein: 49.75g (99.5%), Vitamin B3: 24.37mg (121.84%), Selenium: 77.7µg (110.99%), Vitamin B6: 1.66mg (83.07%), Phosphorus: 500.49mg (50.05%), Vitamin B5: 3.14mg (31.38%), Vitamin K: 31.74µg (30.23%), Potassium: 930.4mg (26.58%), Vitamin B1: 0.32mg (21.43%), Vitamin B2: 0.36mg (21.3%), Vitamin C: 15.95mg (19.33%), Magnesium: 72.1mg (18.03%), Manganese: 0.33mg (16.33%), Vitamin E: 2.07mg (13.81%), Folate: 51.64µg (12.91%), Iron: 2.2mg (12.22%), Zinc: 1.61mg (10.76%), Vitamin B12: 0.46µg (7.68%), Fiber: 1.69g (6.77%), Copper: 0.13mg (6.69%), Calcium: 45.71mg (4.57%), Vitamin A: 105.05IU (2.1%), Vitamin D: 0.21µg (1.42%)