



Grilled Chicken With Sweet Soy Slaw and Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce broccoli slaw
- ☐ 2 tablespoons canola oil
- ☐ 6 skinned and boned chicken breasts
- ☐ 8 pieces crystallized ginger
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 6 servings salt and pepper to taste

- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 cups soya sauce
- ☐ 3 cups sugar

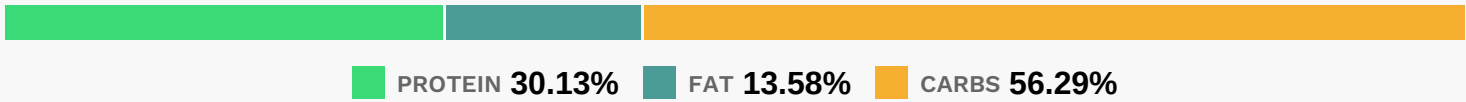
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a small saucepan over medium heat. Stir in sugar. Cook for 10 minutes or until sugar dissolves, stirring occasionally.
- ☐ Remove from heat. (
- ☐ Mixture will thicken.) Reserve 1 1/2 cups soy mixture, and set aside.
- ☐ Brush both sides of chicken evenly with remaining soy mixture; cover and let stand 10 minutes.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 8 minutes on each side or until done.
- ☐ Toss together broccoli slaw, green onions, sesame seeds, and 1/2 cup reserved soy mixture; top with grilled chicken. Season with salt and pepper to taste.
- ☐ Serve with remaining reserved 1 cup soy mixture for dipping.
- ☐ Grilled Salmon With Sweet Soy Slaw and Dipping Sauce: Substitute 6 (4-ounce) salmon fillets for chicken, and grill 4 to 6 minutes on each side or until fish flakes with a fork.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:70.57, Inflammation Score:-8, Nutrition Score:34.606956450836%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 776.79kcal (38.84%), Fat: 11.99g (18.45%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 111.85g (37.28%), Net Carbohydrates: 110.94g (40.34%), Sugar: 102.24g (113.6%), Cholesterol: 144.64mg (48.21%), Sodium: 4808.59mg (209.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.86g (119.73%), Vitamin B3: 27.44mg (137.2%), Vitamin C: 109.49mg (132.72%), Selenium: 77.57µg (110.81%), Vitamin B6: 2.05mg (102.66%), Phosphorus: 661.43mg (66.14%), Vitamin B5: 4.13mg (41.28%), Potassium: 1392.48mg (39.79%), Manganese: 0.74mg (37.01%), Magnesium: 123.81mg (30.95%), Vitamin B2: 0.51mg (29.72%), Folate: 107.46µg (26.87%), Iron: 4mg (22.22%), Vitamin B1: 0.28mg (18.59%), Zinc: 2.24mg (14.92%), Copper: 0.28mg (14.22%), Vitamin K: 12.42µg (11.83%), Vitamin A: 563.14IU (11.26%), Calcium: 100.13mg (10.01%), Vitamin E: 1.27mg (8.49%), Vitamin B12: 0.45µg (7.53%), Fiber: 0.91g (3.62%), Vitamin D: 0.23µg (1.51%)