



Grilled Chicken with Whiskey-Ginger Marinade

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons hoisin sauce

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 teaspoon sesame seed toasted
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon water

Equipment

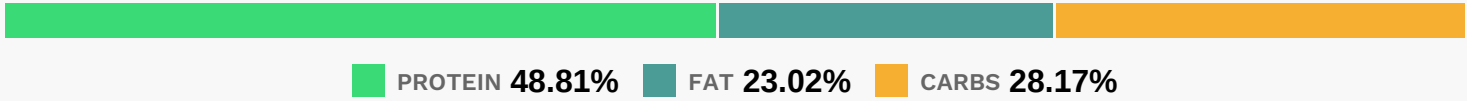
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Combine bourbon and next 9 ingredients (bourbon through garlic). Reserve 1/3 cup marinade.
- ☐ Pour remaining marinade into a zip-top plastic bag; add chicken. Seal and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Preheat grill to medium-hot using both burners.
- ☐ Turn left burner off (leave right burner on).
- ☐ Remove chicken from bag; discard marinade. Coat grill rack with cooking spray.
- ☐ Place chicken on grill rack over right burner; grill 2 minutes on each side or until browned. Move chicken to grill rack over left burner. Cover and cook 5 minutes or until done. Slice each breast diagonally into thin strips; place chicken on a platter. Cover loosely with foil.
- ☐ Combine water and cornstarch, stirring well with a whisk.

- ☐
- Place reserved 1/3 cup marinade in a small saucepan; stir in cornstarch mixture. Bring to aboil; cook 15 seconds, stirring constantly.
- ☐
- Drizzle sauce over chicken; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:13.09260858401%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 266.3kcal (13.31%), Fat: 5.56g (8.55%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.74g (5.36%), Sugar: 11.2g (12.44%), Cholesterol: 72.81mg (24.27%), Sodium: 1031.72mg (44.86%), Alcohol: 6.68g (100%), Alcohol %: 4.49% (100%), Protein: 26.53g (53.06%), Vitamin B3: 12.24mg (61.21%), Selenium: 37.08µg (52.97%), Vitamin B6: 0.92mg (46.1%), Phosphorus: 284.94mg (28.49%), Vitamin B5: 1.72mg (17.24%), Potassium: 540.5mg (15.44%), Magnesium: 50.3mg (12.57%), Vitamin B2: 0.19mg (11.07%), Manganese: 0.18mg (9.01%), Zinc: 0.93mg (6.23%), Vitamin B1: 0.09mg (6.14%), Iron: 1mg (5.53%), Vitamin C: 4.31mg (5.22%), Copper: 0.09mg (4.56%), Folate: 17.28µg (4.32%), Vitamin B12: 0.23µg (3.78%), Calcium: 31.57mg (3.16%), Vitamin E: 0.42mg (2.82%), Fiber: 0.57g (2.29%), Vitamin A: 75.74IU (1.51%)