



Grilled Ginger-Glazed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 8 skinned and boned chicken breast halves
- ☐ 0.3 cup dijon mustard
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 tablespoons honey
- ☐ 8 servings garnish: parsley sprigs fresh italian

Equipment

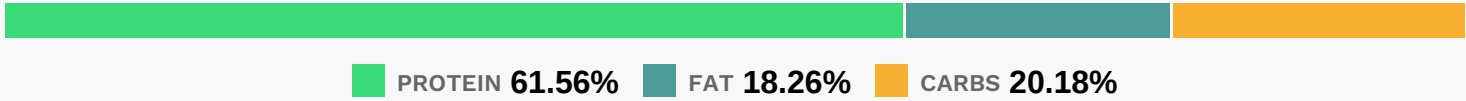
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Stir together first 4 ingredients ina small bowl.
- ☐ Coat a food rack with vegetable cooking spray; place on grill over medium–high heat (350 to 400).
- ☐ Place chicken on rack; brush with half of mustard mixture. Grill 5 minutes; turn chicken, and brush with remaining mustard mixture. Grill 5 more minutes or until done.
- ☐ Garnish, if desired.
- ☐ Note: To bake chicken, place in a lightly greased 11- x 7-inch baking dish, and brush with mustard mixture.
- ☐ Bake at 375 for 15 minutes or until done. Broil 4 inches from heat (with electric oven door partially open) 1 to 2 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:14.851739157801%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.77kcal (8.14%), Fat: 3.23g (4.96%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.54g (2.74%), Sugar: 7.37g (8.19%), Cholesterol: 72.32mg (24.11%), Sodium: 220.03mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.94%), Vitamin K: 65.94µg (62.8%), Vitamin B3: 11.9mg (59.48%), Selenium: 38.89µg (55.56%), Vitamin B6: 0.86mg (42.93%), Phosphorus: 248.52mg (24.85%), Vitamin B5: 1.66mg (16.58%), Potassium: 460.73mg (13.16%), Magnesium: 35.71mg (8.93%), Vitamin C: 6.76mg

(8.19%), Vitamin A: 376.38IU (7.53%), Vitamin B2: 0.12mg (7.31%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.76mg (5.08%), Iron: 0.84mg (4.65%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.06mg (3.15%), Folate: 11.33µg (2.83%), Copper: 0.05mg (2.33%), Fiber: 0.49g (1.95%), Calcium: 18.96mg (1.9%), Vitamin E: 0.27mg (1.82%)