



Grilled Ginger Miso Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



1341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five spice powder
- 1 garlic clove minced
- 1 tablespoon ginger minced
- 2 spring onion sliced
- 2 tablespoons soy sauce light (usukuchi shoyu)
- 2 tablespoons mirin
- 2 tablespoons miso light
- 2 tablespoons rice wine

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- 8 chicken thighs
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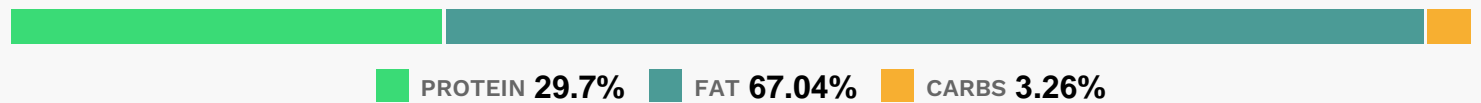
Equipment

- frying pan
- baking pan
- grill

Directions

- Blend soy sauce, sake, mirin, miso, green onions, ginger root and garlic in a rectangular baking dish. Coat chicken with mixture. Marinate 1 hour or refrigerate overnight, turning several times. Preheat a hibachi, portable tabletop grill or charcoal grill. Shake marinade off chicken; pat dry.
- Place skin-down on hot grill. Grill 4 to 5 minutes. Turn chicken; grill second side 4 to 5 minutes or until golden brown and done inside. When chicken is done, sprinkle with sesame seeds and spice mixture. This recipe yields 4 servings. Comments: Miso marinade adds a rich flavor to this country-style grilled chicken. Thigh meat stays moist and tender, but boned chicken breasts are delicious, too. The chicken can be sauteed in a skillet.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:36.570869565217%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 1341.03kcal (67.05%), Fat: 96.83g (148.97%), Saturated Fat: 25.99g (162.42%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.61g (3.5%), Sugar: 2.86g (3.17%), Cholesterol: 566.44mg (188.81%), Sodium: 1331.92mg (57.91%), Alcohol: 4.47g (24.85%), Protein: 96.51g (193.02%), Selenium: 109.31µg (156.16%), Vitamin B3: 27.38mg (136.89%), Vitamin B6: 2.04mg (102.23%), Phosphorus: 951.47mg (95.15%), Vitamin B12: 3.71µg (61.77%), Vitamin B5: 5.96mg (59.61%), Zinc: 7.62mg (50.78%), Vitamin B2: 0.81mg (47.51%), Potassium: 1279.5mg (36.56%), Magnesium: 123.97mg (30.99%), Vitamin B1: 0.45mg (30.17%), Iron: 5.08mg (28.22%), Vitamin K: 27.06µg (25.77%), Copper: 0.37mg (18.59%), Manganese: 0.28mg (13.84%), Vitamin A: 523.57IU (10.47%), Vitamin E: 1.25mg (8.35%), Calcium: 71.27mg (7.13%), Folate: 24.81µg (6.2%), Fiber: 0.99g (3.97%), Vitamin D: 0.58µg (3.85%), Vitamin C: 1.82mg (2.2%)