



Grilled Sesame-Ginger Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground ginger
- 1 tablespoon sesame seed toasted
- 1.3 lb chicken breast boneless skinless
- 2 tablespoons teriyaki sauce

Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix teriyaki sauce, sesame seed and ginger.
- Carefully brush grill rack with vegetable oil.
- Place chicken on grill rack over medium heat. Cover grill; cook 15 to 20 minutes, brushing frequently with sauce mixture and turning after 10 minutes, until juice of chicken is clear when center of thickest part is cut (170°F). Discard any remaining sauce mixture.
- Serve chicken with noodles.

Nutrition Facts

PROTEIN 70.83% **FAT 24.08%** **CARBS 5.09%**

Properties

Glycemic Index:8.75, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:14.865217456351%

Nutrients (% of daily need)

Calories: 182.74kcal (9.14%), Fat: 4.69g (7.21%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.29g (1.44%), Cholesterol: 90.72mg (30.24%), Sodium: 509.48mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.05%), Vitamin B3: 15.04mg (75.18%), Selenium: 46.43µg (66.32%), Vitamin B6: 1.09mg (54.48%), Phosphorus: 324.95mg (32.49%), Vitamin B5: 2.04mg (20.41%), Potassium: 560.68mg (16.02%), Magnesium: 50.43mg (12.61%), Manganese: 0.24mg (11.85%), Vitamin B2: 0.15mg (9.05%), Vitamin B1: 0.11mg (7.3%), Zinc: 1mg (6.7%), Copper: 0.13mg (6.57%), Iron: 1.07mg (5.93%), Vitamin B12: 0.28µg (4.72%), Calcium: 29.41mg (2.94%), Folate: 8.39µg (2.1%), Vitamin C: 1.7mg (2.07%), Vitamin E: 0.27mg (1.83%), Fiber: 0.32g (1.26%)