



Grilled Teriyaki Chicken

 Dairy Free

READY IN



500 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 2 cloves garlic minced
- 1 Tbsp gingerroot minced
- 1 slices green onion thin
- 1 Tbsp honey
- 4 tsp less-sodium soy sauce
- 1 lb chicken thighs boneless skinless

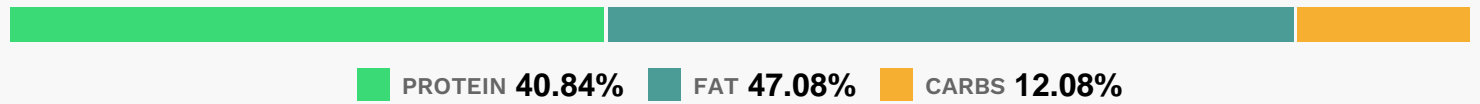
Equipment

- whisk
- grill
- ziploc bags

Directions

- Whisk first 5 ingredients until blended; pour over chicken in resealable plastic bag. Seal bag; turn to evenly coat chicken with dressing mixture. Refrigerate 8 hours to marinate.
- Heat greased grill to medium heat.
- Remove chicken from marinade; discard bag and marinade.
- Grill chicken 8 min. on each side or until done (165F).
- Place on platter; top with onions.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:2.032173924472%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45.37kcal (2.27%), Fat: 2.35g (3.62%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.3g (0.47%), Sugar: 1.14g (1.26%), Cholesterol: 21.55mg (7.18%), Sodium: 89.74mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Selenium: 5.23µg (7.48%), Vitamin B3: 1.28mg (6.42%), Vitamin B6: 0.11mg (5.36%), Phosphorus: 45.97mg (4.6%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.04mg (2.56%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.15µg (2.42%), Vitamin K: 2.52µg (2.4%), Potassium: 67.54mg (1.93%), Magnesium: 6.2mg (1.55%), Vitamin B1: 0.02mg (1.44%), Vitamin E: 0.2mg (1.35%), Iron: 0.23mg (1.26%)