



Grilled Teriyaki Chicken

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken breast halves bone-in
- 2 cloves garlic crushed
- 2 teaspoons ground ginger grated
- 0.5 cup orange juice dry
- 0.5 cup soya sauce
- 2 tablespoons sugar
- 2 tablespoons vegetable oil

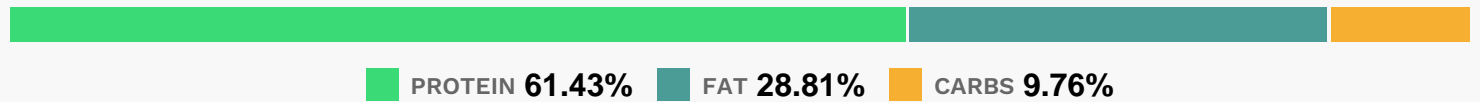
Equipment

- grill
- ziploc bags

Directions

- In shallow glass or plastic dish or heavy-duty resealable food-storage plastic bag, mix all Teriyaki Marinade ingredients.
- Add chicken; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning chicken occasionally, at least 1 hour but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove chicken from marinade; reserve marinade. Cover and grill chicken, skin sides up, 5 to 6 inches from medium heat 15 minutes. Turn chicken. Cover and grill 10 to 20 minutes longer, turning and brushing 2 or 3 times with marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:18.349130410215%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 253.98kcal (12.7%), Fat: 7.89g (12.13%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.78g (2.1%), Sugar: 4.57g (5.07%), Cholesterol: 108.86mg (36.29%), Sodium: 1007.73mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.84g (75.67%), Vitamin B3: 18.43mg (92.15%), Selenium: 54.97µg (78.52%), Vitamin B6: 1.32mg (66.08%), Phosphorus: 380.68mg (38.07%), Vitamin B5: 2.51mg (25.15%), Potassium: 700.77mg (20.02%), Manganese: 0.28mg (13.96%), Magnesium: 52.99mg (13.25%), Vitamin C: 10.03mg (12.16%), Vitamin B2: 0.2mg (11.71%), Vitamin B1: 0.13mg (8.87%), Zinc: 1.08mg (7.23%), Vitamin K: 6.63µg (6.31%), Iron: 1.12mg (6.22%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.61mg (4.05%), Copper: 0.08mg (3.86%), Folate: 14.15µg (3.54%), Vitamin A: 82.25IU (1.64%), Calcium: 15.07mg (1.51%), Vitamin D: 0.17µg (1.13%)