



## Hoisin Barbecue Chicken Breasts

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

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon five-spice powder
- 0.3 teaspoon pepper black
- 2 teaspoons cornstarch
- 1 teaspoon sesame oil dark
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground ginger
- 0.3 cup hoisin sauce
- 2 tablespoons honey

- 1 tablespoon rice vinegar
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons water

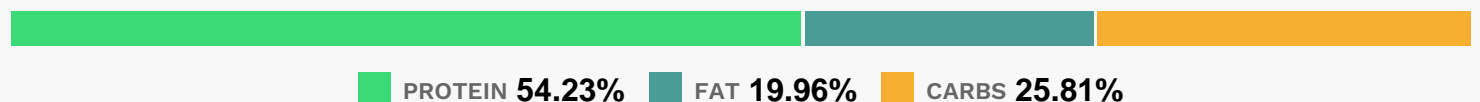
## Equipment

- sauce pan
- whisk
- broiler
- broiler pan

## Directions

- Preheat broiler.
- While the broiler heats, combine the hoisin, honey, vinegar, and oil in a small saucepan; bring to a boil over medium-high heat.
- Combine cornstarch and water; add to hoisin mixture, stirring with a whisk. Bring to a boil; cook 1 minute, stirring constantly.
- Remove from heat.
- Combine salt and the next 4 ingredients (salt through five-spice powder); rub evenly over both sides of chicken.
- Place chicken on a broiler pan coated with cooking spray, and broil 5 minutes.
- Brush with hoisin mixture; broil 4 minutes. Turn chicken; brush with hoisin mixture. Broil 4 minutes or until done, basting frequently with hoisin mixture.

## Nutrition Facts



## Properties

Glycemic Index:36.07, Glycemic Load:4.54, Inflammation Score:-3, Nutrition Score:16.9365218204%

## Nutrients (% of daily need)

Calories: 278.79kcal (13.94%), Fat: 6.02g (9.26%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.92g (6.15%), Sugar: 13.32g (14.8%), Cholesterol: 109.38mg (36.46%), Sodium: 622mg (27.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.58%), Vitamin B3: 17.97mg (89.87%), Selenium: 55µg (78.57%), Vitamin B6: 1.29mg (64.61%), Phosphorus: 366.18mg (36.62%), Vitamin B5: 2.45mg (24.47%), Potassium: 662.76mg (18.94%), Vitamin B2: 0.21mg (12.5%), Magnesium: 49.5mg (12.37%), Vitamin B1: 0.11mg (7.4%), Zinc: 1.08mg (7.23%), Manganese: 0.14mg (7.15%), Vitamin B12: 0.34µg (5.67%), Iron: 0.95mg (5.27%), Copper: 0.08mg (3.87%), Folate: 11.11µg (2.78%), Vitamin C: 2.19mg (2.66%), Vitamin E: 0.39mg (2.59%), Fiber: 0.6g (2.38%), Calcium: 16.71mg (1.67%), Vitamin D: 0.17µg (1.13%), Vitamin A: 53.17IU (1.06%)