



## Hoisin-Glazed Chicken Breasts

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

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons bottled garlic minced
- 0.8 teaspoon bottled ginger fresh minced
- 2 teaspoons sesame oil dark
- 0.3 cup hoisin sauce
- 1 tablespoon juice of lime fresh
- 4 lime wedges
- 1 tablespoon soya sauce low-sodium
- 24 ounce chicken breast halves boneless skinless

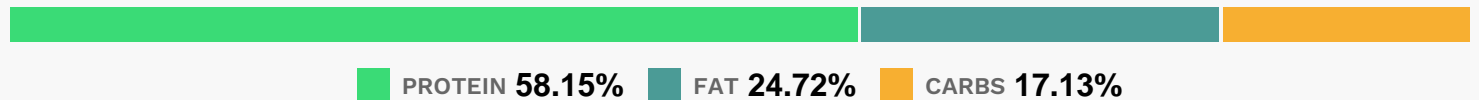
## Equipment

- frying pan
- roasting pan
- aluminum foil
- broiler

## Directions

- Preheat broiler.
- Combine first 6 ingredients.
- Remove 2 tablespoons of hoisin mixture, and reserve to brush on cooked chicken. Line a shallow roasting pan with foil; coat foil with cooking spray.
- Place the chicken on prepared pan.
- Brush 2 tablespoons of hoisin mixture evenly over chicken; broil 5 minutes. Turn chicken over; brush with 2 tablespoons of hoisin mixture. Broil 5 minutes or until chicken is done. Spoon reserved 2 tablespoons of hoisin mixture over cooked chicken.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:17.903478174106%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 262.5kcal (13.12%), Fat: 7.06g (10.86%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9.9g (3.6%), Sugar: 5.12g (5.69%), Cholesterol: 109.38mg (36.46%), Sodium: 620.73mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.36g (74.72%), Vitamin B3: 18.05mg (90.27%), Selenium: 55.2µg (78.85%), Vitamin B6: 1.33mg (66.64%), Phosphorus: 378.28mg (37.83%), Vitamin B5: 2.51mg (25.09%), Potassium: 700.56mg (20.02%), Magnesium: 53.52mg (13.38%), Vitamin B2: 0.22mg (13.19%), Vitamin C: 9.3mg (11.27%), Vitamin B1: 0.12mg (8.18%), Zinc: 1.13mg (7.52%), Manganese: 0.13mg (6.61%), Vitamin B12: 0.34µg (5.67%), Iron: 1.02mg (5.65%), Copper: 0.09mg (4.61%), Fiber: 1.1g (4.4%), Folate: 14.51µg (3.63%), Vitamin E: 0.47mg (3.12%), Calcium: 26.34mg (2.63%), Vitamin A: 63.16IU (1.26%), Vitamin D: 0.17µg (1.13%)