




Hoisin-Glazed Chicken With Sugar Snap Peas


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

READY IN




16 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 garlic clove minced
- 3 tablespoons hoisin sauce
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 2 tablespoons soy sauce low-sodium
- 0.5 cup roasted peppers red sliced
- 2 pound rotisserie chicken cut cut into 6 pieces

- 1 teaspoon sesame oil toasted
- 0.5 tablespoon sesame seed toasted
- 1 pound sugar snap peas fresh trimmed

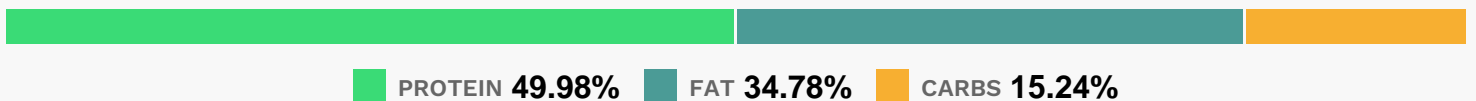
Equipment

- bowl
- frying pan
- whisk
- pot
- stove

Directions

- Bring a large pot of water to a boil.
- Add peas, and cook for 12 minutes or until tender but still bright green.
- Drain and rinse with cold water. Set aside.
- Whisk together the hoisin sauce and the next three ingredients (through honey); heat in a large skillet over medium heat. Once mixture begins to bubble, add garlic; cook, stirring occasionally, for 12 minutes.
- Add chicken pieces, and stir about 1 minute or until heated through.
- Transfer chicken and sauce to a large bowl; toss until chicken is well glazed.
- Return skillet to stove, add sesame oil, and heat over medium-high heat.
- Add snap peas and roasted peppers; cook about 2 minutes or until heated through. Season with 1/4 teaspoon salt; remove from heat.
- Divide chicken among 6 plates, and sprinkle evenly with sesame seeds.
- Serve peas alongside chicken.

Nutrition Facts



Properties

Glycemic Index:19.55, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:9.2317390752875%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 355.04kcal (17.75%), Fat: 13.83g (21.28%), Saturated Fat: 3.5g (21.91%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 11.16g (4.06%), Sugar: 8.23g (9.14%), Cholesterol: 145.39mg (48.46%), Sodium: 1106.29mg (48.1%), Alcohol: 0g (100%), Protein: 44.72g (89.44%), Vitamin C: 52.49mg (63.62%), Vitamin K: 19.07µg (18.16%), Vitamin A: 885.51IU (17.71%), Manganese: 0.27mg (13.74%), Iron: 1.94mg (10.8%), Fiber: 2.48g (9.93%), Folate: 39.04µg (9.76%), Vitamin B6: 0.17mg (8.47%), Vitamin B1: 0.13mg (8.42%), Magnesium: 27.96mg (6.99%), Vitamin B5: 0.61mg (6.06%), Phosphorus: 60.09mg (6.01%), Potassium: 209.34mg (5.98%), Copper: 0.12mg (5.96%), Vitamin B2: 0.1mg (5.79%), Calcium: 49.83mg (4.98%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.36mg (2.42%), Vitamin E: 0.36mg (2.41%), Selenium: 1.07µg (1.53%)