



Hoisin-Marinated Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup hoisin sauce
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar
- ☐ 6 ounce chicken breast halves boneless skinless

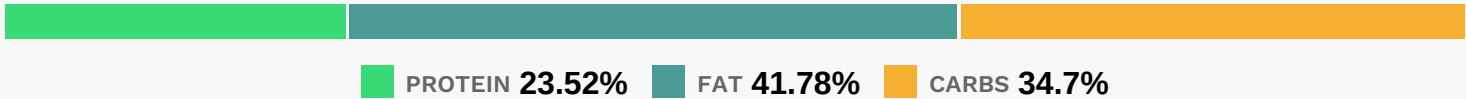
Equipment

- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 7 ingredients, stirring with a whisk.
- ☐ Place chicken in a large shallow dish; pour half of hoisin mixture over chicken, turning to coat. Reserve remaining hoisin mixture. Cover and chill chicken mixture 3 hours, turning occasionally.
- ☐ Prepare grill or broiler.
- ☐ Remove chicken from dish; discard marinade.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until done, basting occasionally with reserved hoisin mixture.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.4165217662635%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 102.37kcal (5.12%), Fat: 4.67g (7.19%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 8.14g (2.96%), Sugar: 4.78g (5.31%), Cholesterol: 14.12mg (4.71%), Sodium: 590.48mg (25.67%), Alcohol: 0.19g (100%), Alcohol %: 0.44% (100%), Protein: 5.92g (11.83%), Vitamin B3: 2.53mg (12.64%), Selenium:

7.38µg (10.55%), Vitamin B6: 0.2mg (10.18%), Phosphorus: 67.42mg (6.74%), Manganese: 0.11mg (5.55%), Vitamin B2: 0.08mg (4.7%), Magnesium: 16.11mg (4.03%), Potassium: 138.19mg (3.95%), Vitamin B5: 0.35mg (3.52%), Fiber: 0.59g (2.34%), Iron: 0.4mg (2.2%), Folate: 8.47µg (2.12%), Copper: 0.04mg (1.92%), Zinc: 0.26mg (1.76%), Vitamin B1: 0.02mg (1.39%), Calcium: 12.1mg (1.21%), Vitamin E: 0.17mg (1.16%), Vitamin C: 0.84mg (1.01%)