



Honey-Mustard Ginger Grilled Chicken

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

READY IN



82 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic minced
- 2 Tbsp gingerroot peeled finely chopped
- 0.5 cup grey poupon savory honey mustard
- 0.3 cup orange marmalade
- 1 lb chicken breasts boneless skinless

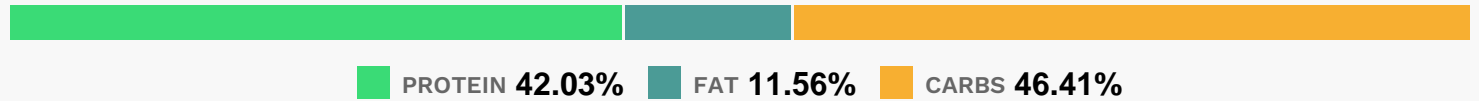
Equipment

- grill
- ziploc bags

Directions

- Mix mustard, marmalade, ginger and garlic.
- Place chicken in glass dish or plastic bag.
- Pour 1/4 cup of the mustard mixture over chicken; turn to coat. Cover. Refrigerate at least 1 hour.
- Remove chicken from mustard mixture; discard mustard mixture.
- Grill or broil chicken 5 to 6 minutes on each side or until cooked through.
- Heat remaining mustard mixture.
- Serve over chicken.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:11.19782593652%

Flavonoids

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: 245.76kcal (12.29%), Fat: 2.97g (4.57%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 26.59g (9.67%), Sugar: 18.3g (20.33%), Cholesterol: 72.57mg (24.19%), Sodium: 299.08mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin B3: 11.87mg (59.37%), Selenium: 36.64µg (52.35%), Vitamin B6: 0.88mg (43.87%), Phosphorus: 242.42mg (24.24%), Vitamin B5: 1.63mg (16.35%), Potassium: 447.51mg (12.79%), Magnesium: 31.76mg (7.94%), Vitamin B2: 0.12mg (7.13%), Vitamin B1: 0.08mg (5.16%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.96mg (3.59%), Copper: 0.06mg (3.05%), Iron: 0.5mg (2.76%), Manganese: 0.05mg (2.71%), Folate: 6.77µg (1.69%), Calcium: 16.54mg (1.65%), Vitamin E: 0.24mg (1.59%)