



Hot-and-Spicy Asian-Rubbed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons five-spice powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 1 teaspoon sugar

Equipment

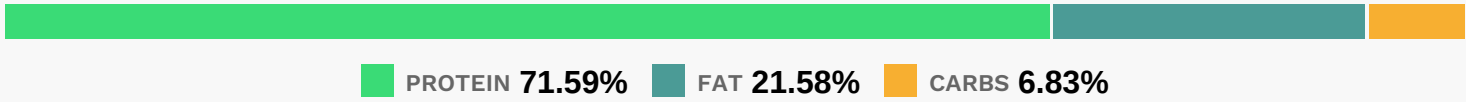
- ☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a large bowl. Rub chicken with spice mixture.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:11.459999978542%

Nutrients (% of daily need)

Calories: 141.5kcal (7.08%), Fat: 3.28g (5.05%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.02g (1.13%), Cholesterol: 72.57mg (24.19%), Sodium: 422.82mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Vitamin B3: 11.9mg (59.51%), Selenium: 36.49µg (52.14%), Vitamin B6: 0.87mg (43.58%), Phosphorus: 248.85mg (24.89%), Vitamin B5: 1.63mg (16.35%), Potassium: 455.46mg (13.01%), Magnesium: 33.37mg (8.34%), Vitamin B2: 0.12mg (7.12%), Iron: 1.19mg (6.63%), Vitamin B1: 0.08mg (5.43%), Zinc: 0.78mg (5.19%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.07mg (3.5%), Copper: 0.05mg (2.58%), Vitamin C: 1.88mg (2.28%), Calcium: 19.26mg (1.93%), Vitamin A: 92.25IU (1.85%), Vitamin E: 0.26mg (1.7%), Fiber: 0.36g (1.44%), Folate: 5.04µg (1.26%)