



Keligun Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cut up chicken pieces
- 1 teaspoon garlic crushed
- 0.1 cup green onion chopped for topping
- 0.3 cup green onions chopped
- 6 servings ground pepper black to taste
- 0.3 cup juice of lemon fresh
- 1 dash lemon pepper
- 6 servings salt to taste

- 1 cup soya sauce
- 1 cup coconut or unsweetened flaked
- 0.5 cup distilled vinegar white

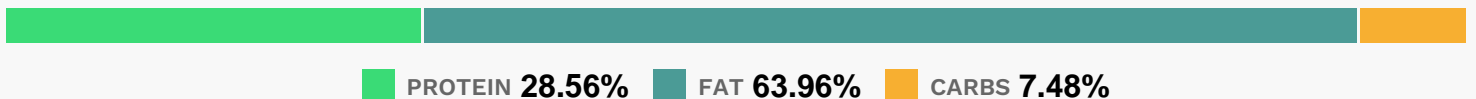
Equipment

- bowl

Directions

- Combine the soy sauce, vinegar, garlic and ground black pepper.
- Mix together. Marinate chicken in refrigerator for 2 to 4 hours.
- Remove chicken from refrigerator and dispose of marinade. Broil or barbecue chicken for 25 to 30 minutes or until cooked through and juices run clear. When chicken is cooked, remove bones and dice chicken meat.
- Put diced chicken in a medium bowl.
- Add the lemon juice and salt and mix together. Then add the coconut, green onion and lemon pepper spice.
- Mix all together, top with green onion and serve.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:13.96608705106%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 374.78kcal (18.74%), Fat: 26.64g (40.98%), Saturated Fat: 13.1g (81.88%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 4.13g (1.5%), Sugar: 2.15g (2.39%), Cholesterol: 86.7mg (28.9%), Sodium: 2441.73mg (106.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.52%), Vitamin B3: 9.53mg (47.65%), Manganese: 0.65mg (32.63%), Selenium: 19.82µg (28.31%), Vitamin B6: 0.54mg (27.02%), Phosphorus: 254.82mg (25.48%), Vitamin K: 17.79µg (16.94%), Iron: 2.58mg (14.33%), Magnesium: 54.02mg (13.5%), Zinc: 2.01mg (13.4%), Vitamin B5: 1.33mg (13.34%), Vitamin B2: 0.22mg (12.94%), Potassium: 412.96mg (11.8%), Copper: 0.23mg (11.64%), Fiber: 2.89g (11.55%), Vitamin C: 7.59mg (9.2%), Vitamin B1: 0.11mg (7.23%), Vitamin B12: 0.36µg (5.97%), Folate: 22.13µg (5.53%), Vitamin A: 239.29IU (4.79%), Calcium: 33.06mg (3.31%), Vitamin E: 0.47mg (3.12%), Vitamin D: 0.23µg (1.54%)