



Korean Grilled Chicken

 Dairy Free

READY IN



290 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 3 pound meat from a rotisserie chicken cut into parts
- ☐ 4 6-inch flour tortillas warmed ()
- ☐ 2 tablespoons ginger fresh grated
- ☐ 6 cloves garlic chopped
- ☐ 1 green onion thinly sliced
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon korean chili paste (recommended: Kochi Chang)

- ☐ 3 tablespoons rice vinegar
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1.5 teaspoons sesame seed toasted
- ☐ 1 cup soya sauce

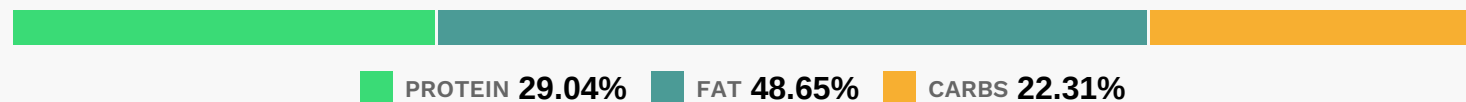
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the soy, vinegar, honey, chili paste, ginger and garlic in a bowl and divide the mixture in half.
- ☐ Add 1 half to a large baking dish, then add the chicken, turning to coat. Cover and let the meat marinate in the refrigerator for at least 4 hours or up to 8 hours.
- ☐ Add the green onions, sesame oil, black pepper and sesame seeds to the remaining half of the mixture. Reserve it as a dipping sauce for the finished chicken.
- ☐ Light a grill, making sure to include a zone of indirect heat.
- ☐ Remove the chicken from the marinade and put it over the charcoal, skin side down. Grill until the skin is golden brown and crisp, about 10 minutes. Relocate the chicken to the indirect heat zone, lower the cover and grill until cooked through.
- ☐ Remove the chicken from the grill to a cutting board and carve. Arrange the chicken on a serving platter and serve wrapped in tortillas, if desired, with dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:73.82, Glycemic Load:10.2, Inflammation Score:-5, Nutrition Score:19.309130492418%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 548.61kcal (27.43%), Fat: 29.49g (45.37%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 28.52g (10.37%), Sugar: 11.26g (12.51%), Cholesterol: 122.47mg (40.82%), Sodium: 3578.25mg (155.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.61g (79.22%), Vitamin B3: 14.91mg (74.54%), Selenium: 31.8µg (45.43%), Phosphorus: 394.28mg (39.43%), Vitamin B6: 0.78mg (39.18%), Manganese: 0.6mg (30.15%), Iron: 4.28mg (23.77%), Vitamin B2: 0.39mg (22.71%), Vitamin B1: 0.3mg (20.28%), Zinc: 2.71mg (18.09%), Vitamin B5: 1.8mg (17.98%), Magnesium: 69.3mg (17.33%), Potassium: 535.27mg (15.29%), Folate: 52.23µg (13.06%), Copper: 0.25mg (12.67%), Vitamin K: 11.38µg (10.84%), Calcium: 94.13mg (9.41%), Vitamin B12: 0.51µg (8.44%), Fiber: 1.91g (7.65%), Vitamin C: 5.45mg (6.6%), Vitamin A: 267.5IU (5.35%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.33µg (2.18%)