



Lemon Ginger Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.3 cup breadcrumbs plain
- 1 tablespoon lemon zest grated
- 0.5 teaspoon ginger grated
- 0.5 cup water
- 3 tablespoons vegetable oil
- 0.3 cup juice of lemon
- 0.3 cup water

- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 0.3 teaspoon ginger grated
- 1 drop food coloring yellow
- 1 slices optional: lemon
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- In shallow bowl, mix Bisquick mix, bread crumbs, lemon peel and gingerroot.
- Pour 1/2 cup water into another shallow bowl. Dip chicken into water, then coat with Bisquick mixture.
- In 12-inch nonstick skillet, heat oil over medium heat. Cook chicken in oil 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in 1-quart saucepan, mix lemon juice, 1/4 cup water, the sugar, cornstarch, gingerroot and food color. Cook over medium heat, stirring occasionally, until thickened and bubbly.
- Pour sauce over chicken.
- Garnish with lemon slices.

Nutrition Facts



■ PROTEIN **38.65%** ■ FAT **40.01%** ■ CARBS **21.34%**

Properties

Glycemic Index:31.4, Glycemic Load:6.32, Inflammation Score:-3, Nutrition Score:16.132174007271%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 325.56kcal (16.28%), Fat: 14.31g (22.01%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.59g (6.03%), Sugar: 9.9g (11%), Cholesterol: 90.72mg (30.24%), Sodium: 216.65mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.2%), Vitamin B3: 15.26mg (76.28%), Selenium: 47.21µg (67.44%), Vitamin B6: 1.08mg (54.07%), Phosphorus: 310.88mg (31.09%), Vitamin B5: 2.09mg (20.86%), Vitamin K: 19.49µg (18.56%), Potassium: 560.01mg (16%), Vitamin C: 10.48mg (12.71%), Vitamin B1: 0.16mg (10.76%), Magnesium: 41.7mg (10.43%), Vitamin B2: 0.17mg (10.27%), Vitamin E: 1.14mg (7.6%), Zinc: 0.94mg (6.27%), Vitamin B12: 0.31µg (5.12%), Iron: 0.9mg (5.02%), Manganese: 0.09mg (4.4%), Folate: 16.37µg (4.09%), Copper: 0.07mg (3.48%), Calcium: 24.34mg (2.43%), Fiber: 0.58g (2.33%)