



Marinated Teriyaki Chicken

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cooking wine dry white divided
- 1 teaspoon garlic powder
- 1 bell pepper diced green
- 1 tablespoon olive oil
- 1 onion
- 1 teaspoon onion powder
- 4 chicken breast halves boneless skinless cut into bite size pieces
- 2 tablespoons teriyaki sauce

1 tablespoon vegetable oil

Equipment

bowl

frying pan

Directions

Place chicken in a nonporous glass dish or bowl.

Pour 1 1/2 cups of wine over chicken, then sprinkle with garlic powder and onion powder. Cover and refrigerate to marinate for at least 1 hour.

Heat vegetable oil in a small skillet over medium heat.

Saute onion and bell pepper for 5 to 7 minutes, or until soft.

Remove from skillet and set aside.

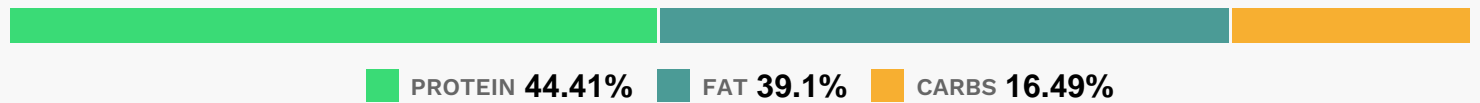
Remove chicken from marinade, discarding any remaining marinade.

Heat olive oil in a medium skillet over medium high heat and brown chicken, adding teriyaki sauce to 'sear'. Braise with remaining white wine and simmer for 8 to 10 minutes, or until chicken is cooked through and no longer pink inside.

Add onion/bell pepper mixture to chicken and heat through, stirring.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:15.618260736051%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 317.36kcal (15.87%), Fat: 9.92g (15.26%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.29g (3.01%), Sugar: 4.35g (4.84%), Cholesterol: 72.32mg (24.11%), Sodium: 484.66mg (21.07%), Alcohol: 12.36g (100%), Alcohol %: 5.1% (100%), Protein: 25.34g (50.68%), Vitamin B3: 12.21mg (61.06%), Selenium: 36.77µg (52.52%), Vitamin B6: 1.03mg (51.55%), Vitamin C: 27.44mg (33.26%), Phosphorus: 291.4mg (29.14%), Potassium: 629.67mg (17.99%), Vitamin B5: 1.75mg (17.55%), Magnesium: 53.74mg (13.43%), Manganese: 0.24mg (12.15%), Vitamin K: 11.4µg (10.86%), Vitamin B2: 0.15mg (9.09%), Vitamin B1: 0.12mg (7.74%), Vitamin E: 1.12mg (7.46%), Iron: 1.14mg (6.31%), Zinc: 0.94mg (6.24%), Fiber: 1.13g (4.5%), Copper: 0.08mg (4.08%), Folate: 15.31µg (3.83%), Vitamin B12: 0.23µg (3.77%), Calcium: 30.55mg (3.05%), Vitamin A: 144.52IU (2.89%)