



Microwave Chicken Teriyaki



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken breast half boneless skinless cut into strips
- ☐ 2 tablespoons garlic powder
- ☐ 2 packets catsup
- ☐ 0.3 cup soya sauce
- ☐ 3 individual packets sugar white

Equipment

- ☐ bowl
- ☐ plastic wrap

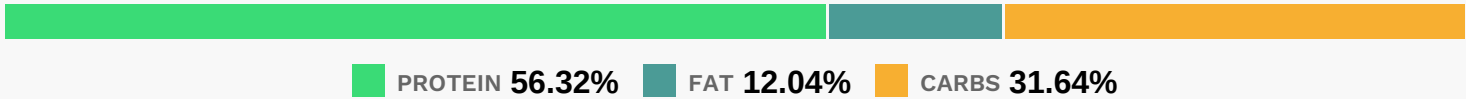
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microwave

Directions

- ☐ Stir together soy sauce, ketchup, garlic powder, and sugar in a bowl. Toss chicken in sauce to coat, and place onto a microwave safe plate.
- ☐ Cover with plastic wrap and cook in the microwave on High for 5 to 8 minutes, until chicken is opaque in the center and no longer pink.

Nutrition Facts



Properties

Glycemic Index:90.09, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:17.138695663732%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 3.11g (4.79%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.49g (6%), Sugar: 4.79g (5.33%), Cholesterol: 72.32mg (24.11%), Sodium: 3398.73mg (147.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.51%), Vitamin B3: 14.23mg (71.17%), Vitamin B6: 1.23mg (61.51%), Selenium: 40.48µg (57.83%), Phosphorus: 379.46mg (37.95%), Manganese: 0.47mg (23.26%), Potassium: 737.62mg (21.07%), Vitamin B5: 1.95mg (19.48%), Magnesium: 65.16mg (16.29%), Iron: 2.71mg (15.06%), Vitamin B2: 0.23mg (13.39%), Vitamin B1: 0.18mg (11.76%), Copper: 0.2mg (9.8%), Zinc: 1.39mg (9.25%), Fiber: 1.91g (7.64%), Folate: 22.66µg (5.66%), Vitamin B12: 0.23µg (3.77%), Calcium: 30.22mg (3.02%), Vitamin E: 0.35mg (2.34%), Vitamin C: 1.63mg (1.98%)