



Miso Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 1.5 teaspoons garlic chopped
- ☐ 1.5 teaspoons ginger chopped
- ☐ 2 tablespoons miso paste (preferably Kochujang)
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1.5 teaspoons sesame oil light
- ☐ 16 oz chicken breasts boneless skinless

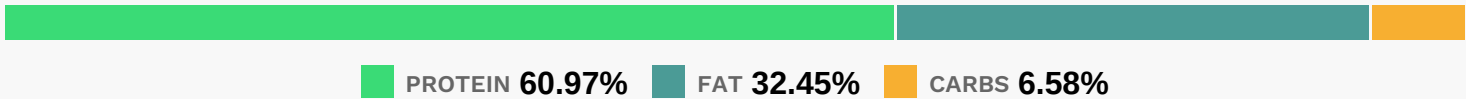
Equipment

☐ frying pan

Directions

- ☐ Place chicken in a shallow dish.
- ☐ Combine marinade ingredients with 1 tablespoon water; pour over meat. Chill, covered, 1 to 2 hours.
- ☐ Remove chicken from marinade; drain excess.
- ☐ Heat canola oil in a large skillet over medium-high heat. Cook chicken until no longer pink in the center, about 4 minutes per side.
- ☐ Serve with Roasted Corn and Edamame Salad.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:11.86086957351%

Flavonoids

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

Nutrients (% of daily need)

Calories: 170.83kcal (8.54%), Fat: 5.98g (9.2%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.19g (0.79%), Sugar: 0.56g (0.62%), Cholesterol: 72.57mg (24.19%), Sodium: 450.93mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.53%), Vitamin B3: 11.93mg (59.66%), Selenium: 37.07µg (52.96%), Vitamin B6: 0.88mg (44.2%), Phosphorus: 254mg (25.4%), Vitamin B5: 1.65mg (16.54%), Potassium: 447.48mg (12.79%), Magnesium: 34.35mg (8.59%), Vitamin B2: 0.14mg (7.99%), Zinc: 0.9mg (5.98%), Manganese: 0.11mg (5.63%), Vitamin B1: 0.08mg (5.58%), Vitamin B12: 0.23µg (3.89%), Iron: 0.68mg (3.76%), Copper: 0.07mg (3.63%), Vitamin K: 3.79µg (3.61%), Vitamin E: 0.46mg (3.09%), Fiber: 0.54g (2.16%), Vitamin C: 1.75mg (2.12%), Folate: 6.3µg (1.58%), Vitamin A: 78.58IU (1.57%), Calcium: 13.08mg (1.31%)