

Miso Chicken



Gluten Free



Dairy Free

READY IN



82 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chile paste (such as sambal oelek)
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 2 tablespoons garlic fresh minced
- ☐ 2.5 tablespoons honey
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 0.3 cup rice vinegar
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1.5 tablespoons miso white

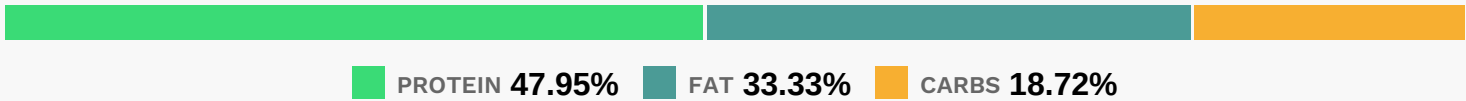
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients, stirring well with a whisk. Stir in 1 tablespoon oil.
- ☐ Place chicken in a zip-top plastic bag.
- ☐ Add vinegar mixture; seal. Marinate in refrigerator for 1 hour, turning once.
- ☐ Preheat oven to 40
- ☐ Remove chicken from bag; reserve marinade.
- ☐ Place marinade in a small, heavy saucepan over medium heat; bring to a boil. Boil 2 minutes or until syrupy, stirring frequently.
- ☐ Remove from heat; divide mixture in half.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon oil; swirl.
- ☐ Add chicken; saut 4 minutes. Turn chicken over; brush chicken with half of marinade mixture.
- ☐ Place pan in oven; bake at 400 for 6 minutes or until done.
- ☐ Remove chicken from oven; brush with remaining half of marinade mixture, turning to coat.
- ☐ Sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:6.79, Inflammation Score:-3, Nutrition Score:18.116956560508%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 325.93kcal (16.3%), Fat: 11.85g (18.23%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 14.43g (5.25%), Sugar: 11.45g (12.72%), Cholesterol: 108.86mg (36.29%), Sodium: 869mg (37.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.71%), Vitamin B3: 18.01mg (90.05%), Selenium: 55.71µg (79.59%), Vitamin B6: 1.36mg (68.08%), Phosphorus: 395.52mg (39.55%), Vitamin B5: 2.52mg (25.17%), Potassium: 715.11mg (20.43%), Magnesium: 57.21mg (14.3%), Vitamin B2: 0.22mg (13.2%), Manganese: 0.22mg (10.87%), Zinc: 1.32mg (8.83%), Vitamin B1: 0.13mg (8.64%), Iron: 1.09mg (6.07%), Vitamin B12: 0.35µg (5.75%), Copper: 0.1mg (4.93%), Vitamin C: 3.65mg (4.43%), Folate: 13.87µg (3.47%), Vitamin E: 0.48mg (3.19%), Vitamin K: 3.25µg (3.1%), Calcium: 25.1mg (2.51%), Fiber: 0.55g (2.19%), Vitamin A: 60.67IU (1.21%), Vitamin D: 0.17µg (1.13%)