



Poached Ginger Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cooking sherry dry
- 0.3 cup ginger fresh grated peeled
- 0.8 cup green onions chopped
- 2 tablespoons soya sauce low-sodium
- 1 teaspoon vegetable oil; peanut oil preferred
- 24 ounce chicken breast halves boneless skinless
- 2 cups water

Equipment

frying pan

sauce pan

Directions

- Combine chicken and water in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until chicken is done.
- Remove chicken from broth; discard broth.
- Cut chicken into thin slices; place slices in a shallow dish.
- Heat oil over medium-high heat in a nonstick skillet coated with cooking spray.
- Add chopped green onions and ginger; saut 30 seconds.
- Remove from heat, and spoon over chicken.
- Add sweetener, sherry, and soy sauce to pan; bring to a boil. Boil 1 minute.
- Pour soy sauce mixture over chicken. Cover and chill thoroughly. If desired, spoon chicken mixture evenly onto individual lettuce-lined salad plates, and garnish with green onions.
- carbo rating: 3

Nutrition Facts


PROTEIN 70.66% **FAT 23.49%** **CARBS 5.85%**

Properties

Glycemic Index:15.5, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:19.492608998133%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 224.26kcal (11.21%), Fat: 5.51g (8.48%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.65g (0.72%), Cholesterol: 108.86mg (36.29%), Sodium: 495.38mg (21.54%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 37.29g (74.59%), Vitamin B3: 17.98mg (89.92%), Selenium: 54.63µg (78.05%), Vitamin B6: 1.31mg (65.58%), Phosphorus: 380.81mg (38.08%), Vitamin K: 39.2µg

(37.33%), Vitamin B5: 2.48mg (24.79%), Potassium: 739.49mg (21.13%), Magnesium: 58.01mg (14.5%), Vitamin B2: 0.21mg (12.2%), Vitamin B1: 0.12mg (8.28%), Zinc: 1.16mg (7.76%), Vitamin C: 5.87mg (7.11%), Iron: 1.07mg (5.95%), Folate: 23.06µg (5.76%), Vitamin B12: 0.34µg (5.67%), Manganese: 0.11mg (5.6%), Copper: 0.1mg (4.91%), Vitamin A: 237.97IU (4.76%), Vitamin E: 0.63mg (4.21%), Calcium: 29.59mg (2.96%), Fiber: 0.66g (2.65%), Vitamin D: 0.17µg (1.13%)