



Soy and Garlic Marinated Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cloves garlic minced
- 4 chicken breasts boneless skinless
- 0.5 cup soya sauce

Equipment

- bowl
- grill

Directions

- In a large, nonporous bowl, combine the garlic and the soy sauce.
- Add the chicken and turn to coat well. Cover and marinate in the refrigerator for at least an hour.
- Preheat an outdoor grill for medium high heat and lightly oil the grate.
- Grill chicken over medium high heat for 10 to 15 minutes per side, or until internal temperature reaches 180 degrees F (80 degrees C). Discard any remaining marinade.

Nutrition Facts

PROTEIN 74.56% **FAT 18.3%** **CARBS 7.14%**

Properties

Glycemic Index:11.25, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:12.671739280224%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 150.69kcal (7.53%), Fat: 2.97g (4.57%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.52g (0.58%), Cholesterol: 72.32mg (24.11%), Sodium: 1751.53mg (76.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Vitamin B3: 12.95mg (64.76%), Selenium: 36.82µg (52.6%), Vitamin B6: 0.94mg (47.08%), Phosphorus: 279.59mg (27.96%), Vitamin B5: 1.74mg (17.37%), Potassium: 491.61mg (14.05%), Manganese: 0.21mg (10.59%), Magnesium: 41.73mg (10.43%), Vitamin B2: 0.16mg (9.43%), Iron: 1.16mg (6.44%), Vitamin B1: 0.1mg (6.36%), Zinc: 0.81mg (5.43%), Copper: 0.08mg (3.93%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.29mg (2.78%), Folate: 9.83µg (2.46%), Calcium: 16.88mg (1.69%), Vitamin E: 0.22mg (1.45%), Fiber: 0.29g (1.18%)