

Sweet chilli chicken



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tbsp chilli sauce hot (we used Amoy)
- ☐ 2 tbsp clear honey
- ☐ 2 tbsp olive oil
- ☐ 4 fillet chicken breast boneless
- ☐ 2 garlic cloves crushed
- ☐ 1 lime cut into 4 wedges, to serve, optional

Equipment

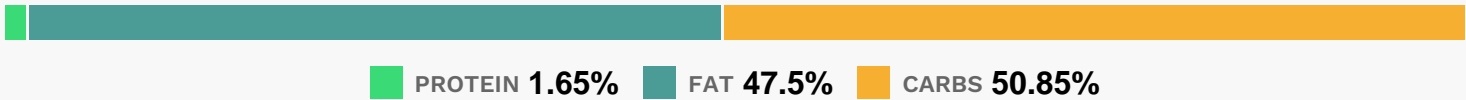
- ☐ bowl

- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ To make the glaze, preheat the grill to high.
- ☐ Mix together the chilli sauce, honey and oil in a large bowl. Using a sharp knife make 3–4 slits across the skin side of each chicken breast. Season with salt and pepper then lift the skin on each breast and tuck under the crushed garlic. Now dip the underside of each chicken breast in the glaze until evenly coated. Reserve the rest of the glaze for later.
- ☐ To cook the chicken, put the chicken on the grill pan, glazed side up, and grill for 8 minutes until golden and sticky. Turn the chicken breasts over, brush with the remaining glaze, then cook for another 6–8 minutes until the chicken is firm and cooked through.
- ☐ Serve straight away with wedges of lime for squeezing over, if liked.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:1.4569565151697%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 128.46kcal (6.42%), Fat: 7.14g (10.99%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 16.61g (6.04%), Sugar: 15.01g (16.68%), Cholesterol: 0.64mg (0.21%), Sodium: 129.81mg (5.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin E: 1.05mg (6.99%), Vitamin C: 5.41mg (6.55%), Vitamin K: 4.34µg (4.14%), Fiber: 0.6g (2.39%), Vitamin B6: 0.04mg (1.79%), Manganese: 0.04mg (1.75%), Iron: 0.21mg (1.18%)