



Tasty Grilled Hoisin Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



295 min.

SERVINGS



8

CALORIES



247 kcal

SAUCE

Ingredients

- 4 chicken breast halves bone-in
- 4 strips.
- 7.5 ounce hoisin sauce

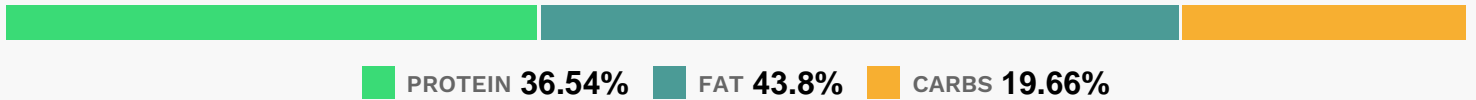
Equipment

- grill
- ziploc bags

Directions

- Pour hoisin sauce into a resealable plastic bag, and add the chicken breasts and thighs. Squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 4 hours, or overnight.
- Prepare the grill for indirect heat, and lightly oil the grate.
- Remove chicken from marinade. Discard marinade. Grill chicken over indirect heat, skin side down, for 20 minutes. Turn; grill until chicken is no longer pink in the center, and juices run clear, about 10 additional minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.972608677719%

Nutrients (% of daily need)

Calories: 246.62kcal (12.33%), Fat: 11.75g (18.08%), Saturated Fat: 3g (18.76%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.26g (8.06%), Cholesterol: 92.33mg (30.78%), Sodium: 539.6mg (23.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Vitamin B3: 8.83mg (44.14%), Selenium: 29.12µg (41.61%), Vitamin B6: 0.63mg (31.67%), Phosphorus: 218.02mg (21.8%), Vitamin B5: 1.4mg (13.97%), Vitamin B2: 0.19mg (11.1%), Potassium: 356.5mg (10.19%), Magnesium: 31.8mg (7.95%), Vitamin B12: 0.47µg (7.91%), Zinc: 1.12mg (7.46%), Vitamin B1: 0.08mg (5.27%), Iron: 0.86mg (4.76%), Manganese: 0.09mg (4.25%), Copper: 0.08mg (3.9%), Fiber: 0.74g (2.98%), Folate: 10.07µg (2.52%), Vitamin E: 0.3mg (2%), Calcium: 15.85mg (1.58%), Vitamin K: 1.43µg (1.36%), Vitamin A: 62.61IU (1.25%)