

Teriyaki Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ginger fresh grated
- 2 cloves garlic minced
- 0.8 cup granulated sugar
- 0.8 cup soya sauce
- 3 pound meat from a rotisserie chicken whole cut in half

Equipment

- paper towels
- oven

mixing bowl

baking pan

Directions

Rinse chicken halves, and pat dry with paper towels.

Place chicken cut side down in a 9x13 inch baking dish.

In a medium mixing bowl, combine sugar, soy sauce, grated ginger and garlic.

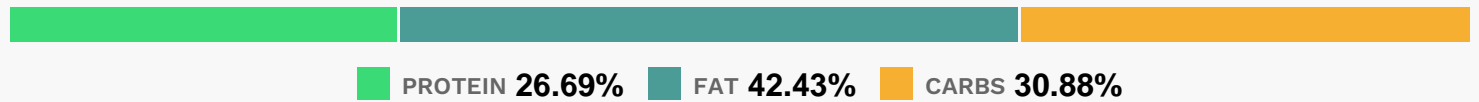
Mix well, and pour mixture over chicken. Cover and refrigerate for at least 3 hours.

Preheat oven to 350 degrees F (175 degrees C).

Bake chicken uncovered in the preheated oven for 1 hour, basting frequently. Test for doneness, making sure there is no pink left in the meat.

Let cool slightly, then cut into smaller pieces to serve.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:17.78, Inflammation Score:-2, Nutrition Score:9.0921739287998%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 350.13kcal (17.51%), Fat: 16.52g (25.41%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 26.78g (9.74%), Sugar: 25.47g (28.3%), Cholesterol: 81.65mg (27.22%), Sodium: 1696.72mg (73.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.76%), Vitamin B3: 8.57mg (42.83%), Selenium: 16.21µg (23.15%), Vitamin B6: 0.45mg (22.66%), Phosphorus: 199.65mg (19.97%), Vitamin B5: 1.11mg (11.08%), Vitamin B2: 0.18mg (10.64%), Zinc: 1.57mg (10.46%), Iron: 1.71mg (9.48%), Manganese: 0.19mg (9.29%), Magnesium: 34.12mg (8.53%), Potassium: 276.58mg (7.9%), Vitamin B1: 0.08mg (5.65%), Vitamin B12: 0.34µg (5.62%), Copper: 0.1mg (4.94%), Vitamin A: 152.5IU (3.05%), Folate: 11.91µg (2.98%), Vitamin C: 2.11mg (2.56%), Vitamin E: 0.33mg (2.2%), Calcium: 20.02mg (2%), Vitamin K: 1.65µg (1.57%), Vitamin D: 0.22µg (1.45%), Fiber: 0.28g (1.11%)