



Teriyaki Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup soya sauce
- ☐ 0.8 cup sake
- ☐ 0.8 cup mirin
- ☐ 4 tablespoon sugar
- ☐ 1 inch ginger grated fine
- ☐ 4 chicken breasts boneless skinless for 30 minutes to come to room temp
- ☐ 2 tablespoon sesame seed

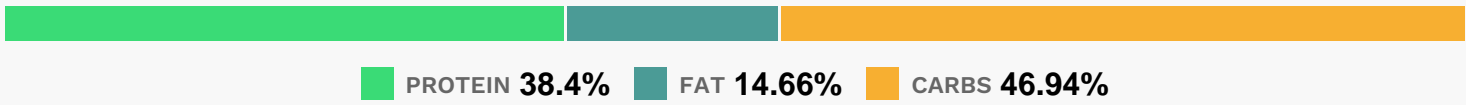
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Mix the grated ginger, sugar, soy sauce, sake and mirin in a pot and bring to a boil.
- ☐ Add the chicken breasts, return to a simmer, then lower the heat to the lowest possible setting (warm if you can), on your smallest burner, and cover. The idea is to cook the chicken as gently as possible, below a simmer. Cook for 20 minutes. If you are working with somewhat large chicken breasts, you may need to cook them longer, or cut them in half before cooking.
- ☐ Toast the sesame seeds: While the chicken is poaching, toast the sesame seeds in a dry pan until they begin to brown. Move to a small bowl and set aside.
- ☐ Remove the chicken breasts from the teriyaki sauce, set on a plate and wrap with foil.
- ☐ Reduce sauce: Bring the sauce back to a boil and boil vigorously until the sauce is reduced to a syrup, about 8 to 10 minutes. Keep an eye on the sauce, stirring it occasionally.
- ☐ Slice the chicken, cover with sauce, sprinkle with sesame seeds and serve: To serve, slice the chicken breasts, cover with the teriyaki sauce and sprinkle sesame seeds on them.
- ☐ Serve with plain white rice.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:8.89, Inflammation Score:-3, Nutrition Score:14.996521572704%

Nutrients (% of daily need)

Calories: 350.79kcal (17.54%), Fat: 5.01g (7.71%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 35.24g (12.81%), Sugar: 23.17g (25.74%), Cholesterol: 72.32mg (24.11%), Sodium: 2901.19mg (126.14%), Alcohol: 11.67g (100%), Alcohol %: 5.61% (100%), Protein: 29.53g (59.06%), Vitamin B3: 13.7mg (68.49%), Selenium: 38.6µg (55.14%), Vitamin B6: 0.97mg (48.39%), Phosphorus: 322.3mg (32.23%), Vitamin B5: 1.78mg (17.79%), Manganese: 0.34mg (16.85%), Magnesium: 64.27mg (16.07%), Potassium: 547.79mg (15.65%), Copper: 0.26mg (13.07%), Iron: 2.1mg (11.65%), Vitamin B2: 0.19mg (11.29%), Vitamin B1: 0.13mg (8.67%), Zinc: 1.17mg (7.79%),

Calcium: 56mg (5.6%), Folate: 16.42µg (4.11%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.86g (3.42%), Vitamin C: 1.44mg (1.75%), Vitamin E: 0.23mg (1.53%)