



Teriyaki Chicken with Pickled Cucumbers

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breasts bone-in
- 4 chicken thighs
- 4 drumsticks
- 2 cucumbers english sliced
- 3 inch ginger fresh cut into coins
- 6 tablespoons honey
- 2 cups mirin
- 1 cup pineapple juice

- 1 pinch pepper flakes red
- 0.8 cup rice vinegar
- 1 cup sake
- 0.5 teaspoon salt plus extra salt and pepper black freshly ground for seasoning
- 1 cup soya sauce

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Heat grill to medium.
- Whisk together the mirin, sake, soy sauce, pineapple juice, 6 tablespoons sugar or honey, and ginger in a medium saucepan and cook on the grates of the grill until the sugar has melted and the mixture has thickened slightly, about 15 minutes.
- Remove from the heat and let the sauce cool completely.
- Whisk together the rice vinegar, 1 tablespoon sugar, red pepper flakes, and 1/2 teaspoon salt in a medium bowl.
- Add the cucumbers and stir to combine. Cover and let marinate in the refrigerator for at least 1 hour.
- Heat grill to medium. Lightly season the chicken with salt and pepper.
- Place the chicken on the grill, skin side down, and grill until golden brown and slightly charred, about 4 to 5 minutes.
- Brush with some of the teriyaki sauce, turn over, and continue grilling and brushing with the sauce every few minutes until cooked through, about 25 more minutes.
- Transfer to a platter with the marinated cucumbers and serve.

Nutrition Facts



■ PROTEIN 35.4% ■ FAT 29.23% ■ CARBS 35.37%

Properties

Glycemic Index:38.02, Glycemic Load:11.06, Inflammation Score:-7, Nutrition Score:27.756956520288%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 700.48kcal (35.02%), Fat: 21.37g (32.88%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 57.18g (20.79%), Sugar: 36.81g (40.9%), Cholesterol: 216.69mg (72.23%), Sodium: 3052.1mg (132.7%), Alcohol: 14.31g (100%), Alcohol %: 2.92% (100%), Protein: 58.24g (116.48%), Vitamin B3: 23.39mg (116.94%), Selenium: 73.57µg (105.1%), Vitamin B6: 1.72mg (85.88%), Phosphorus: 601.8mg (60.18%), Vitamin B5: 3.87mg (38.7%), Potassium: 1132.5mg (32.36%), Manganese: 0.56mg (28.05%), Vitamin B2: 0.44mg (25.79%), Magnesium: 101.3mg (25.33%), Zinc: 3.22mg (21.47%), Vitamin K: 19.96µg (19.01%), Vitamin B1: 0.27mg (17.79%), Vitamin B12: 1.06µg (17.68%), Iron: 2.8mg (15.54%), Copper: 0.25mg (12.34%), Vitamin C: 8.72mg (10.57%), Folate: 31.26µg (7.81%), Calcium: 52.84mg (5.28%), Vitamin A: 240IU (4.8%), Fiber: 1.01g (4.02%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.28µg (1.84%)