



# Teriyaki Chicken with Warm Ginger-Carrot Slaw

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**453 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds chicken breast cutlets
- 3 tablespoons cider vinegar
- 1 tablespoon grill seasoning eyeball it in your palm (recommended: Montreal Steak Seasoning)
- 0.3 cup honey
- 3 tablespoons pickled ginger drained thinly sliced
- 4 servings salt and pepper
- 1 small savoy cabbage

- 1 bunch scallions
- 0.3 cup teriyaki sauce
- 4 tablespoons vegetable oil divided
- 1 sack store bought
- 1 cup a couple of handfuls
- 1 cup a couple of handfuls

## Equipment

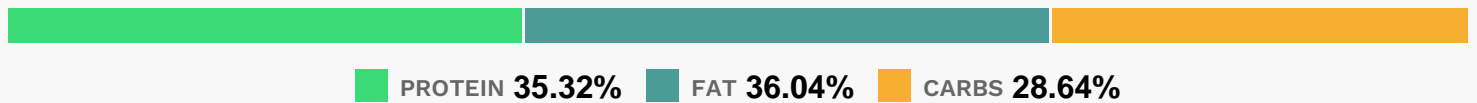
- bowl
- frying pan
- grill
- tongs
- grill pan

## Directions

- In a large plastic food storage bag, combine chicken cutlets with teriyaki sauce, 2 tablespoons oil and grill seasoning. Close bag and combine to coat evenly.
- Let stand 15 minutes.
- Preheat an outdoor or indoor grill or grill pan to medium-high.
- Cut cabbage into quarters and cut away core. Shred the cabbage and set aside.
- Cut clean, trimmed scallions into 3 inch lengths. Pile scallions lengthwise and julienne them into thin strips. Pull the threads from the ends of snow peas and julienne into thin strips, lengthwise, like the scallions.
- Drizzle honey into a small bowl.
- Add vinegar and combine with a fork.
- Place chicken cutlets on grill or into hot pan and cook 3 minutes on each side.
- Heat a nonstick skillet over high heat.
- Add 2 tablespoons oil, 2 turns of the pan.
- Add pickled ginger and cut carrots and stir-fry 2 minutes.

- Add cabbage and stir-fry 2 minutes more. Fluff and toss veggies with tongs so they stay dry and crisp while cooking.
- Add scallions and snow peas and stir-fry another minute.
- Add honey and vinegar combination, pouring it all around the pan in a slow stream. Cook the liquids down 30 seconds more then turn off heat. Continue to toss the slaw and season it up with salt and pepper to your taste.
- Slice the chicken meat thinly on an angle. Mound up 1/4 of the slaw on each plate and place the sliced chicken along side, edging its way up the slaw salad.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:54.53, Glycemic Load:11.08, Inflammation Score:-10, Nutrition Score:33.029565391333%

### Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

### Nutrients (% of daily need)

Calories: 453.15kcal (22.66%), Fat: 18.33g (28.2%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 28.28g (10.28%), Sugar: 24.49g (27.21%), Cholesterol: 108.86mg (36.29%), Sodium: 1356.71mg (58.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.42g (80.84%), Vitamin K: 125.94µg (119.94%), Vitamin B3: 18.71mg (93.54%), Selenium: 56.1µg (80.14%), Vitamin B6: 1.57mg (78.73%), Vitamin A: 3819.83IU (76.4%), Vitamin C: 40.04mg (48.54%), Phosphorus: 456.67mg (45.67%), Potassium: 1082.57mg (30.93%), Vitamin B5: 2.77mg (27.68%), Folate: 109.3µg (27.33%), Magnesium: 101.74mg (25.44%), Manganese: 0.4mg (20.05%), Fiber: 4.51g (18.02%), Vitamin B2: 0.25mg (14.61%), Vitamin B1: 0.21mg (14.29%), Vitamin E: 1.8mg (12.03%), Iron: 2.16mg (12.01%), Zinc: 1.5mg (9.99%), Copper: 0.19mg (9.73%), Calcium: 77.52mg (7.75%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)