

Baked Teriyaki Chicken



Food Category: Entrée

Protein: Chicken

Portion Size: 5 oz (2 tenders)

Number of Servings: 174

Calories per Serving: 210

Diet Selections: Wellness; Renal; Mild; Low Fiber; No Fish; No Red Meat; Low Lactose; No Nuts

Ingredients:

80 lb chicken tenderloin

3/4 cup corn starch

2.75 qt water

1.5 cup soy sauce

2 tbsp vinegar, distilled white

1/3 cup garlic, fresh chopped

1/3 cup ginger, fresh chopped

1/4 cup black pepper

Instructions:

1. Preheat oven to 325 degrees F.
2. Combine chicken tenderloin with pepper.
3. Spread on sheet pans.
4. Combine remaining ingredients to make teriyaki sauce in separate bowl.
5. Spread sauce over chicken.
6. Bake for 20 minutes.

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Nutrition Facts	
servings per container	
Serving size	(142g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 320mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	