

Easy Grilled Chicken Teriyaki

submitted by NicoleRiesen



Per serving: 373 Calories • 12.7g Carbs (0.1g Fiber) • 8.5g Fat • 57.6g Protein

Ingredients

Ingredients scaled to: 4 serving

4 breast, bone and skin removed **Chicken breast** (944 grams)

1 cup **Teriyaki sauce** (288 grams)

4 tbsp **Lemon juice** (60 grams)

2 tsp **Garlic** (5.6 grams)

2 tsp **Sesame oil** (9 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
2. Preheat grill for high heat.
3. Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.