

sweet onion chicken teriyaki nutrition facts

sweet onion chicken teriyaki nutrition facts provide valuable insights into the caloric content, macronutrients, vitamins, and minerals found in this popular dish. As a savory blend of tender chicken, sweet onions, and a signature teriyaki glaze, this meal is enjoyed worldwide for its flavorful profile. Understanding the nutritional composition of sweet onion chicken teriyaki is essential for those monitoring their diet, managing calorie intake, or seeking balanced meal options. This article explores the key nutrition facts, including calories, protein, carbohydrates, fats, and micronutrients. Additionally, it discusses the health benefits and potential dietary considerations associated with this dish. Detailed analysis of common ingredients and their contribution to the overall nutrition will also be presented to offer a comprehensive understanding.

- Caloric Content and Macronutrient Breakdown
- Vitamins and Minerals in Sweet Onion Chicken Teriyaki
- Health Benefits and Dietary Considerations
- Ingredients and Their Nutritional Contributions
- Tips for Making Healthier Sweet Onion Chicken Teriyaki

Caloric Content and Macronutrient Breakdown

Examining the caloric content and macronutrient profile is crucial when assessing sweet onion chicken teriyaki nutrition facts. The dish typically combines grilled or stir-fried chicken breast with sweet onions and teriyaki sauce, often served over rice or vegetables. The total calories can vary based on portion size and preparation methods but generally range between 350 to 600 calories per serving.

Calories

Calories in sweet onion chicken teriyaki primarily come from protein in the chicken, carbohydrates from the onions and sauce, and fats used in cooking. A standard serving of this dish usually contains approximately 400 to 500 calories. The teriyaki sauce, which often includes sugar or honey, can significantly influence the total calorie count.

Protein

Chicken breast is a lean source of high-quality protein, which supports muscle repair and overall body functions. A typical serving provides around 25 to 35 grams of protein, making sweet onion chicken teriyaki a substantial protein source for meals.

Carbohydrates

Carbohydrates in this dish mainly originate from the sweet onions and the teriyaki sauce, which contains sugar or sweeteners. A serving generally contains between 30 to 50 grams of carbohydrates, including natural sugars and starches.

Fats

The fat content varies with cooking oil usage and chicken cut but usually ranges from 8 to 15 grams per serving. Most fats present are unsaturated, contributing to heart health when consumed in moderation.

Vitamins and Minerals in Sweet Onion Chicken Teriyaki

Sweet onion chicken teriyaki nutrition facts also highlight the presence of essential vitamins and minerals that contribute to overall health. The inclusion of sweet onions and lean chicken enriches the dish with various micronutrients beneficial for bodily functions.

Vitamins

Sweet onions provide vitamin C, which supports the immune system and acts as an antioxidant. Chicken contributes B-complex vitamins such as niacin (B3), vitamin B6, and riboflavin (B2), which are vital for energy metabolism and neurological health.

Minerals

Key minerals found in this dish include potassium, phosphorus, and selenium. Potassium helps regulate fluid balance and muscle contractions. Selenium acts as an antioxidant protecting cells from damage, while phosphorus supports bone health.

Health Benefits and Dietary Considerations

Understanding the health benefits and dietary considerations of sweet onion chicken teriyaki is essential for making informed food choices. The dish offers several nutritional advantages but may also present concerns for certain individuals based on its ingredients.

Health Benefits

- **Lean Protein Source:** Supports muscle maintenance and repair.
- **Rich in Antioxidants:** Vitamins from onions and chicken help combat oxidative stress.
- **Low in Saturated Fat:** When prepared with minimal oil, supports cardiovascular health.
- **Balanced Macronutrients:** Provides a combination of proteins, carbs, and fats for sustained energy.

Dietary Considerations

Despite its benefits, sweet onion chicken teriyaki may contain added sugars in the teriyaki sauce, potentially impacting blood sugar levels. Individuals monitoring sodium intake should also be cautious, as soy sauce or teriyaki sauce variants can be high in sodium. Selecting low-sodium sauces or preparing homemade versions can mitigate these concerns.

Ingredients and Their Nutritional Contributions

The nutritional profile of sweet onion chicken teriyaki depends largely on its core ingredients and preparation techniques. Each component contributes uniquely to the overall nutrition.

Chicken

Chicken breast is the primary protein source, low in fat and calories but rich in essential amino acids. It forms the foundation of the dish's nutritional value.

Sweet Onions

Sweet onions add flavor and natural sugars, along with dietary fiber, vitamins, and antioxidants. They contribute to carbohydrate content and offer health-promoting phytochemicals.

Teriyaki Sauce

Teriyaki sauce typically contains soy sauce, sugar or honey, garlic, and ginger. While it enhances taste, it also adds sugars and sodium, influencing the dish's caloric and sodium levels.

Cooking Oils and Additional Ingredients

Oils used for cooking, such as vegetable or sesame oil, add fats—primarily healthy unsaturated fats. Additional vegetables or garnishes can increase fiber and micronutrient content.

Tips for Making Healthier Sweet Onion Chicken Teriyaki

Optimizing sweet onion chicken teriyaki nutrition facts involves strategic ingredient choices and preparation methods to enhance health benefits while minimizing less desirable components.

- **Use Low-Sodium Teriyaki Sauce:** Reduces sodium intake without compromising flavor.
- **Limit Added Sugars:** Substitute sugar with natural sweeteners like honey in moderation or reduce the amount used.
- **Choose Lean Cuts of Chicken:** Skinless chicken breast provides maximum protein with minimal fat.
- **Incorporate More Vegetables:** Adding bell peppers, broccoli, or snap peas increases fiber and nutrient density.
- **Control Cooking Oil Amounts:** Use non-stick pans or cooking sprays to reduce fat content.
- **Serve with Whole Grains:** Pairing with brown rice or quinoa enhances fiber and micronutrient intake.

Frequently Asked Questions

What are the main nutritional components of sweet onion chicken teriyaki?

Sweet onion chicken teriyaki typically contains protein from the chicken, carbohydrates from the teriyaki sauce and onions, as well as some fats. It also provides vitamins and minerals from the onions and any accompanying vegetables.

How many calories are in a serving of sweet onion chicken teriyaki?

A typical serving of sweet onion chicken teriyaki contains approximately 300 to 400 calories, depending on portion size and preparation methods.

Is sweet onion chicken teriyaki high in sodium?

Yes, sweet onion chicken teriyaki can be high in sodium due to the teriyaki sauce, which often contains soy sauce and added salt. It's important to check specific brand or restaurant nutrition information for exact sodium content.

Does sweet onion chicken teriyaki contain a lot of sugar?

Sweet onion chicken teriyaki usually contains added sugars in the teriyaki sauce and sweet onions, which contribute to its sweet flavor. The sugar content can vary but is generally moderate to high.

Is sweet onion chicken teriyaki a good source of protein?

Yes, since it is made primarily with chicken breast, sweet onion chicken teriyaki is a good source of lean protein, which is essential for muscle repair and overall health.

Can sweet onion chicken teriyaki fit into a low-carb diet?

Sweet onion chicken teriyaki contains some carbohydrates from the onions and teriyaki sauce, so it may not be ideal for very strict low-carb diets. However, it can be included in moderate low-carb plans if consumed in controlled portions.

How much fat is in sweet onion chicken teriyaki?

The fat content in sweet onion chicken teriyaki is generally low to moderate, especially if made with skinless chicken breast. The sauce may add a small amount of fat depending on the recipe.

Are there any vitamins and minerals in sweet onion chicken teriyaki?

Yes, sweet onion chicken teriyaki provides vitamins such as vitamin C and B vitamins from the onions and chicken, as well as minerals like potassium, iron, and magnesium.

Is sweet onion chicken teriyaki suitable for people watching their cholesterol levels?

Sweet onion chicken teriyaki made with lean chicken breast is relatively low in cholesterol, but the overall suitability depends on portion size and preparation. It's advisable for individuals monitoring cholesterol to consume it in moderation.

Additional Resources

1. *The Complete Guide to Sweet Onion Chicken Teriyaki Nutrition*

This book offers an in-depth analysis of the nutritional components found in sweet onion chicken teriyaki. It breaks down calories, macronutrients, vitamins, and minerals, helping readers understand how this popular dish fits into a balanced diet. Detailed charts and comparisons with other meals provide valuable insights for health-conscious individuals.

2. *Healthy Teriyaki: Nutrition Facts and Delicious Recipes*

Focusing on teriyaki dishes, this book highlights the nutrition facts specifically related to sweet onion chicken teriyaki. Alongside nutritional data, it features a variety of recipes that emphasize wholesome ingredients and cooking techniques to maximize flavor and health benefits. It is perfect for those looking to enjoy teriyaki without compromising their dietary goals.

3. *Sweet Onion Chicken Teriyaki: Calories, Carbs, and More*

This concise guide dives into the calorie count, carbohydrate content, protein levels, and fat composition of sweet onion chicken teriyaki. It also discusses how portion sizes affect overall nutrition. Readers will learn how to make informed choices when ordering or preparing this flavorful dish.

4. *Nutritional Breakdown of Popular Asian Sauces: Teriyaki Edition*

This book explores the nutritional profiles of various Asian sauces with a spotlight on teriyaki, including sweet onion chicken teriyaki variations. It explains how different ingredients influence caloric and sugar content, making it easier to select healthier options at restaurants or markets.

5. *Eating Smart: A Nutritional Guide to Chicken Teriyaki Meals*

Designed for diet-conscious readers, this book covers the nutritional aspects of chicken teriyaki dishes with an emphasis on sweet onion varieties. It offers tips on balancing meals, reducing sodium intake, and enhancing nutritional value through ingredient substitutions and cooking methods.

6. *Flavor Meets Fitness: Understanding Sweet Onion Chicken Teriyaki Nutrition*

This publication bridges the gap between enjoying flavorful meals and maintaining fitness goals. It provides detailed nutritional information about sweet onion chicken teriyaki and suggests ways to incorporate it into a healthy eating plan without sacrificing taste.

7. *Sweet Onion Chicken Teriyaki: A Nutritional Perspective*

Focusing solely on sweet onion chicken teriyaki, this book gives readers a thorough nutritional perspective, including macro and micronutrient content. It also discusses the impact of different preparation styles and ingredient choices on the overall healthfulness of the dish.

8. *The Teriyaki Diet: Balancing Taste and Nutrition*

This book explores how teriyaki dishes, particularly sweet onion chicken teriyaki, can be part of a balanced diet. It includes nutritional information, meal planning advice, and recipes designed to optimize health benefits while keeping the delicious flavors intact.

9. *Understanding Sodium and Sugar in Sweet Onion Chicken Teriyaki*

Highlighting two critical nutritional concerns, this book discusses the sodium and sugar levels commonly found in sweet onion chicken teriyaki. It educates readers on how to read nutrition labels, make healthier choices, and prepare lower-sodium, lower-sugar versions of this popular dish.

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