



Baked Chicken with Peaches



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 peaches fresh pitted peeled sliced
- ☐ 8 chicken breast halves boneless skinless

Equipment

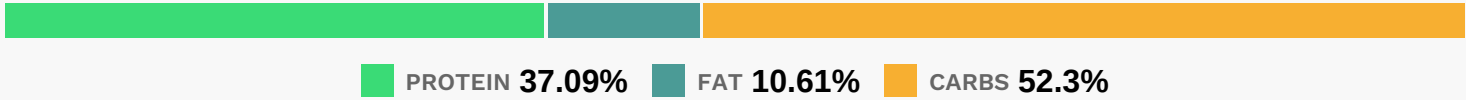
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Place chicken in the prepared baking dish, and sprinkle with 1/2 cup of brown sugar.
- ☐ Place peach slices over chicken, then sprinkle with remaining 1/2 cup brown sugar, ginger, cloves, and lemon juice.
- ☐ Bake for about 30 minutes in the preheated oven, basting often with juices, until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:2.6, Inflammation Score:-4, Nutrition Score:13.013912999112%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 265.84kcal (13.29%), Fat: 3.14g (4.84%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 33.7g (12.26%), Sugar: 33.06g (36.74%), Cholesterol: 72.32mg (24.11%), Sodium: 148.66mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.45%), Vitamin B3: 12.43mg (62.14%), Selenium: 38.09µg (54.41%), Vitamin B6: 0.88mg (43.92%), Phosphorus: 255.29mg (25.53%), Vitamin B5: 1.77mg (17.67%), Potassium: 550.77mg (15.74%), Magnesium: 38.23mg (9.56%), Vitamin B2: 0.14mg (8.05%), Vitamin C: 5.88mg (7.13%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.84mg (5.6%), Vitamin A: 278.68IU (5.57%), Manganese: 0.11mg (5.5%), Copper: 0.1mg (5.14%), Vitamin E: 0.77mg (5.14%), Iron: 0.88mg (4.9%), Fiber: 1.15g (4.61%), Vitamin B12: 0.23µg (3.77%), Calcium: 31.93mg (3.19%), Folate: 10.06µg (2.51%), Vitamin K: 2.52µg (2.4%)