



Balsamic-Glazed Grilled Chicken Breasts



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 32 oz skin-on chicken breasts bone-in
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

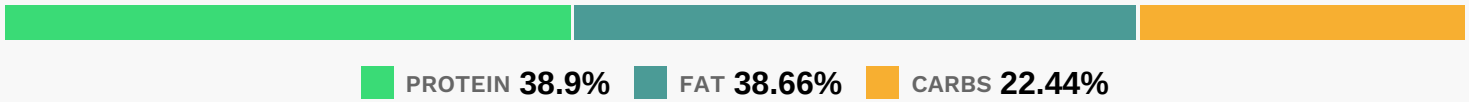
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix glaze ingredients; set aside.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place chicken on grill, skin side down, over medium heat. Cook 10 minutes. Turn chicken; brush half the glaze evenly over chicken. Continue cooking and brushing with remaining glaze 10 to 12 minutes longer or until juice of chicken is clear when thickest part is cut to bone (170°F).

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.89, Inflammation Score:-3, Nutrition Score:14.295217195283%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 401.9kcal (20.1%), Fat: 16.79g (25.83%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 21.89g (7.96%), Sugar: 20.97g (23.3%), Cholesterol: 116.12mg (38.71%), Sodium: 415.17mg (18.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.03%), Vitamin B3: 18mg (90.02%), Vitamin B6: 0.98mg (48.94%), Selenium: 30.45µg (43.5%), Phosphorus: 321.83mg (32.18%), Vitamin B5: 1.49mg (14.89%), Potassium: 452.24mg (12.92%), Magnesium: 49.99mg (12.5%), Vitamin B12: 0.62µg (10.28%), Zinc: 1.49mg (9.9%), Iron: 1.65mg (9.19%), Vitamin B2: 0.16mg (9.14%), Vitamin B1: 0.12mg (7.73%), Manganese: 0.1mg (5.09%), Vitamin D: 0.73µg (4.84%), Copper: 0.09mg (4.46%), Calcium: 43.08mg (4.31%), Vitamin E: 0.49mg (3.28%), Vitamin A: 152.07IU (3.04%), Folate: 7.51µg (1.88%)