



Bourbon-Glazed Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons bourbon
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons shallots finely chopped
- ☐ 24 ounce chicken breast halves boneless skinless

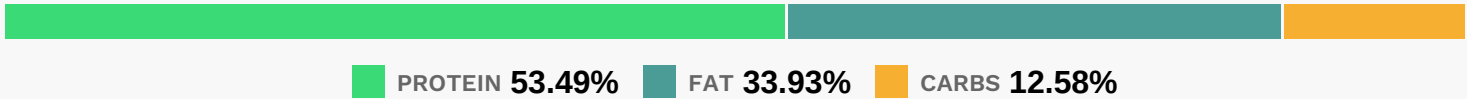
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat. Melt butter in a medium saucepan over medium heat.
- ☐ Add shallots and garlic; cook 2 minutes, stirring constantly. Stir in bourbon, Dijon mustard, and maple syrup; bring to a boil. Cook 1 minute, stirring occasionally.
- ☐ Remove from heat.
- ☐ Sprinkle chicken breast halves evenly with kosher salt and freshly ground black pepper. Arrange chicken on a grill rack coated with cooking spray; baste with half of bourbon mixture. Grill 5 minutes. Turn chicken over; baste with remaining bourbon mixture. Grill 5 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:2.86, Inflammation Score:-4, Nutrition Score:18.291739142459%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 308.13kcal (15.41%), Fat: 10.36g (15.93%), Saturated Fat: 4.59g (28.67%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.06g (2.93%), Sugar: 6.51g (7.24%), Cholesterol: 123.91mg (41.3%), Sodium: 617.43mg (26.84%), Alcohol: 3.76g (100%), Alcohol %: 2.23% (100%), Protein: 36.74g (73.47%), Vitamin B3: 17.82mg (89.1%), Selenium: 57.34µg (81.91%), Vitamin B6: 1.32mg (65.81%), Phosphorus: 373.12mg (37.31%), Vitamin B5: 2.48mg (24.81%), Potassium: 691.11mg (19.75%), Vitamin B2: 0.31mg (18.12%), Manganese: 0.36mg (18.06%), Magnesium: 51.93mg (12.98%), Vitamin B1: 0.14mg (9.13%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.35µg (5.87%), Iron: 0.88mg (4.88%), Vitamin A: 232.99IU (4.66%), Vitamin C: 2.94mg (3.56%), Vitamin E: 0.52mg (3.45%), Copper: 0.07mg (3.31%), Calcium: 31.66mg (3.17%), Folate: 9.33µg (2.33%), Fiber: 0.58g (2.31%), Vitamin K: 1.42µg (1.35%), Vitamin D: 0.17µg (1.13%)