



Bourbon-Laced Topsy Chicken with Peaches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 2 tablespoons butter
- ☐ 4 chicken breast halves bone-in
- ☐ 1.5 cups green onions chopped
- ☐ 1 Dash ground nutmeg
- ☐ 1 large onion diced
- ☐ 0.5 cup orange juice
- ☐ 1 teaspoon paprika

- ☐ 1 cup peaches fresh chopped
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

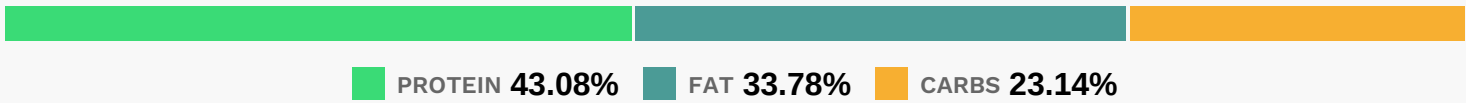
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sprinkle chicken breast halves with salt and pepper, and arrange in a 13- x 9-inch pan. Set aside.
- ☐ Melt butter in a skillet over medium heat; add onion, and saute 5 minutes or until tender. Stir in paprika.
- ☐ Add green onions, reserving 1 tablespoon; cook, stirring occasionally, 4 minutes.
- ☐ Spread onion mixture evenly over chicken; drizzle with orange juice and bourbon.
- ☐ Bake at 400 for 50 minutes, turning occasionally and basting with pan drippings. Top with chopped peaches, and sprinkle with nutmeg.
- ☐ Bake 15 more minutes or until chicken is done; transfer chicken to a serving dish.
- ☐ Drizzle with pan drippings, and sprinkle with reserved green onions.

Nutrition Facts



Properties

Glycemic Index:70.81, Glycemic Load:4.39, Inflammation Score:-8, Nutrition Score:20.145217418671%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg

0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg, Quercetin: 11.95mg

Nutrients (% of daily need)

Calories: 256.47kcal (12.82%), Fat: 8.99g (13.84%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.37g (4.13%), Sugar: 8.42g (9.36%), Cholesterol: 72.32mg (24.11%), Sodium: 501.06mg (21.79%), Alcohol: 2.51g (100%), Alcohol %: 1.16% (100%), Protein: 25.81g (51.62%), Vitamin K: 79.69µg (75.9%), Vitamin B3: 12.52mg (62.59%), Selenium: 37.45µg (53.5%), Vitamin B6: 0.95mg (47.41%), Vitamin C: 28.29mg (34.29%), Phosphorus: 279.9mg (27.99%), Vitamin A: 1093.29IU (21.87%), Potassium: 701.58mg (20.05%), Vitamin B5: 1.82mg (18.22%), Magnesium: 48.79mg (12.2%), Folate: 47.77µg (11.94%), Vitamin B2: 0.18mg (10.8%), Vitamin B1: 0.15mg (10.07%), Fiber: 2.49g (9.98%), Manganese: 0.18mg (8.92%), Iron: 1.37mg (7.61%), Vitamin E: 1.09mg (7.23%), Zinc: 1mg (6.67%), Copper: 0.13mg (6.43%), Calcium: 50.39mg (5.04%), Vitamin B12: 0.23µg (3.88%)