



## Byrdhouse Spicy Chicken and Peaches

READY IN



50 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons brown sugar
- 3 tablespoons butter
- 2 teaspoons basil dried
- 2 tablespoons flour
- 4 cloves garlic pressed
- 1.5 teaspoons nutmeg
- 1.5 cups orange juice
- 15 ounce peaches drained chopped canned
- 0.5 teaspoon pepper flakes red

- 4 servings salt and pepper to taste
- 24 ounce chicken breast halves boneless skinless cut into bite-size pieces
- 2 tablespoons distilled vinegar white

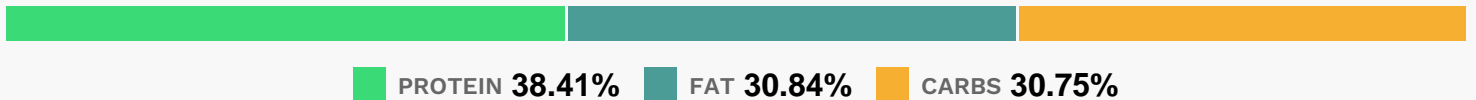
## Equipment

- frying pan
- sauce pan

## Directions

- Bring peaches, garlic, orange juice, vinegar, sugar, nutmeg, red pepper flakes, and basil to a boil in a saucepan over high heat. Reduce heat to medium-low, and simmer for 15 minutes, stirring occasionally.
- Meanwhile, season the chicken to taste with salt and pepper, then dust with flour and shake off the excess. Melt the butter in a large skillet over medium-high heat.
- Add the chicken, and cook until lightly brown on both sides, but still pink in the center.
- Season peach sauce with salt and pepper, and pour over browned chicken. Return the chicken to a simmer, then reduce heat to medium-low, cover, and simmer 15 minutes more until the chicken is no longer pink in the center.

## Nutrition Facts



## Properties

Glycemic Index:91.81, Glycemic Load:11.12, Inflammation Score:-8, Nutrition Score:25.350000023842%

## Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg  
Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## **Nutrients (% of daily need)**

Calories: 403.86kcal (20.19%), Fat: 13.77g (21.19%), Saturated Fat: 6.62g (41.4%), Carbohydrates: 30.89g (10.3%),  
Net Carbohydrates: 28.52g (10.37%), Sugar: 22.84g (25.38%), Cholesterol: 131.44mg (43.81%), Sodium: 480.39mg  
(20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.6g (77.19%), Vitamin B3: 19.29mg (96.43%),  
Selenium: 58.75µg (83.93%), Vitamin B6: 1.39mg (69.63%), Vitamin C: 53.86mg (65.29%), Phosphorus: 411.84mg  
(41.18%), Potassium: 992.45mg (28.36%), Vitamin B5: 2.82mg (28.23%), Vitamin A: 924.88IU (18.5%), Magnesium:  
70.67mg (17.67%), Vitamin B1: 0.26mg (17.18%), Vitamin B2: 0.27mg (15.6%), Manganese: 0.26mg (13.14%), Folate:  
50.6µg (12.65%), Vitamin K: 13.26µg (12.63%), Iron: 1.97mg (10.92%), Copper: 0.21mg (10.41%), Vitamin E: 1.53mg  
(10.22%), Fiber: 2.38g (9.51%), Zinc: 1.41mg (9.42%), Vitamin B12: 0.36µg (5.97%), Calcium: 50.48mg (5.05%),  
Vitamin D: 0.17µg (1.13%)