



## Chicken and Peaches

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 0.8 cup chicken stock see
- 2 inch ginger minced grated
- 2 teaspoons sauce red hot (recommended: Frank's )
- 0.5 juice of lemon juiced
- 1.5 tablespoons olive oil extra-virgin
- 0.7 cup peach preserves
- 4 peaches pitted halved sliced

- 4 servings salt and pepper black freshly ground
- 1 shallots chopped
- 2 pieces chicken breast boneless skinless
- 4 pieces chicken thighs boneless skinless
- 2 tablespoons worcestershire sauce

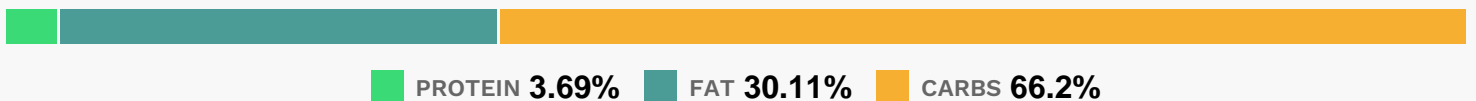
## Equipment

- frying pan
- aluminum foil

## Directions

- Watch how to make this recipe.
- Heat a medium skillet with the butter over medium heat.
- Add the peaches and the juice of 1/2 lemon, and cook until tender and lightly golden, 10 minutes. Turn off the heat.
- While the peaches cook, heat 1 tablespoon extra-virgin olive oil, a turn of the pan, in a large skillet over medium-high to high heat.
- Cut the chicken breasts in half across the center of each breast to make 4 equal portions.
- Add the chicken breasts and thighs to the pan and season with salt and pepper, to taste. Cook until the chicken is cooked through, about 12 minutes, then remove to a plate and cover with foil.
- Drizzle the pan with the remaining extra-virgin olive oil, half a turn of the pan.
- Add the chopped shallot, and the ginger, and cook for 1 to 2 minutes. Stir in the stock, the preserves, hot sauce and Worcestershire sauce and season with black pepper, to taste. Cook over medium heat for a couple of minutes to thicken. Arrange the chicken and peaches on a platter and douse with peach sauce. Portions are 1 piece of light meat and 1 thigh per person.

## Nutrition Facts



## Properties

Glycemic Index:55.56, Glycemic Load:26.68, Inflammation Score:-6, Nutrition Score:7.4295652353245%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg 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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 350.01kcal (17.5%), Fat: 12.01g (18.48%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 56.23g (20.45%), Sugar: 42.28g (46.98%), Cholesterol: 17.67mg (5.89%), Sodium: 335.89mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin C: 14.46mg (17.53%), Vitamin E: 2.12mg (14.15%), Vitamin A: 673.41IU (13.47%), Fiber: 3.18g (12.72%), Copper: 0.23mg (11.55%), Potassium: 388.51mg (11.1%), Vitamin B3: 2.15mg (10.77%), Vitamin B2: 0.15mg (8.63%), Selenium: 5.88µg (8.4%), Iron: 1.48mg (8.23%), Vitamin K: 8.57µg (8.16%), Manganese: 0.15mg (7.69%), Phosphorus: 71.01mg (7.1%), Vitamin B6: 0.11mg (5.69%), Folate: 21.71µg (5.43%), Magnesium: 20.89mg (5.22%), Vitamin B1: 0.07mg (4.93%), Zinc: 0.52mg (3.48%), Calcium: 33.17mg (3.32%), Vitamin B5: 0.3mg (2.99%)