



Chicken Thighs with Chipotle-Peach Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 chipotles in adobo
- ☐ 2 tablespoons honey
- ☐ 2 medium peaches pitted peeled quartered
- ☐ 0.5 teaspoon salt divided
- ☐ 1.5 pounds chicken thighs boneless skinless (8 thighs)

Equipment

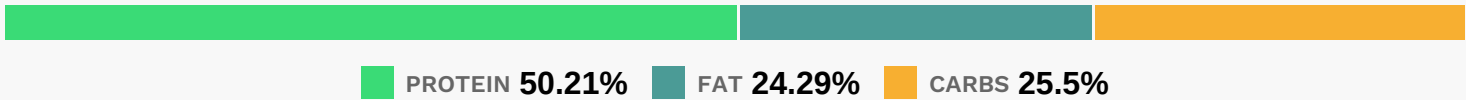
- ☐ food processor

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/2 teaspoon pepper; coat with cooking spray.
- ☐ Place chicken on a grill rack coated with cooking spray. Grill 12 minutes or until done, turning chicken once.
- ☐ While chicken cooks, puree peaches, honey, chile, and remaining 1/4 teaspoon salt in a food processor. Reserve 3/4 cup chipotle-peach sauce to serve with chicken; brush remaining 1/2 cup sauce over chicken during last 2 minutes of cooking.
- ☐ Serve with: Grilled Corn and Red Pepper Salad

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:7.14, Inflammation Score:-4, Nutrition Score:15.351739168167%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 268.96kcal (13.45%), Fat: 7.2g (11.08%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 15.43g (5.61%), Sugar: 15.16g (16.85%), Cholesterol: 161.59mg (53.86%), Sodium: 452.33mg (19.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.5g (67%), Selenium: 40.11µg (57.31%), Vitamin B3: 10.12mg (50.6%), Vitamin B6: 0.78mg (38.95%), Phosphorus: 335.4mg (33.54%), Vitamin B5: 2.17mg (21.67%), Vitamin B2: 0.33mg (19.34%), Zinc: 2.78mg (18.57%), Vitamin B12: 1.09µg (18.14%), Potassium: 517.08mg (14.77%), Magnesium: 45.77mg (11.44%), Vitamin B1: 0.17mg (11.42%), Iron: 1.78mg (9.87%), Copper: 0.16mg (8.05%), Vitamin K: 7.59µg (7.23%), Fiber: 1.58g (6.34%), Vitamin A: 286.88IU (5.74%), Vitamin E: 0.86mg (5.71%), Manganese: 0.11mg (5.7%), Vitamin C: 3.13mg (3.79%), Folate: 11.56µg (2.89%), Calcium: 20.23mg (2.02%)