



Orange-Sage Grilled Chicken

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



1403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 10.5 lb chicken skinless
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 0.5 cup orange marmalade
- 1 teaspoon sage dried
- 2 tablespoons vegetable oil

Equipment

- sauce pan
- grill

Directions

- Heat coals or gas grill for direct heat. In 1-quart saucepan, mix marmalade, vinegar, oil and sage. Cook over low heat about 1 minute, stirring occasionally, until well blended. Stir in chives. Reserve 1/3 cup marmalade mixture to serve with chicken.
- Sprinkle chicken with garlic salt and pepper. Cover and grill chicken over medium heat 15 minutes; turn chicken. Cover and grill 20 to 30 minutes longer, turning occasionally and brushing 2 or 3 times with marmalade mixture, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Serve reserved marmalade mixture with chicken.

Nutrition Facts

PROTEIN 30.89% **FAT 60.58%** **CARBS 8.53%**

Properties

Glycemic Index:31.75, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:37.977826201397%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1402.81kcal (70.14%), Fat: 92.91g (142.94%), Saturated Fat: 25.69g (160.55%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 29.08g (10.57%), Sugar: 26.41g (29.35%), Cholesterol: 428.64mg (142.88%), Sodium: 716.91mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 106.59g (213.17%), Vitamin B3: 38.9mg (194.51%), Selenium: 82.56µg (117.94%), Vitamin B6: 2.01mg (100.52%), Copper: 1.83mg (91.72%), Phosphorus: 846.02mg (84.6%), Vitamin B5: 5.21mg (52.13%), Zinc: 7.54mg (50.24%), Vitamin B2: 0.7mg (41.08%), Potassium: 1121.13mg (32.03%), Iron: 5.41mg (30.08%), Magnesium: 118.72mg (29.68%), Vitamin B12: 1.77µg (29.53%), Vitamin K: 24.48µg (23.31%), Vitamin B1: 0.35mg (23.18%), Vitamin A: 890.92IU (17.82%), Vitamin E: 2.3mg (15.33%), Vitamin C: 11.94mg (14.47%), Manganese: 0.21mg (10.48%), Folate: 39.49µg (9.87%), Calcium: 87.76mg (8.78%), Vitamin D: 1.14µg (7.62%), Fiber: 0.38g (1.54%)