



Garlic Peach Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup olive oil extra virgin
- ☐ 4 tablespoons garlic minced
- ☐ 0.8 cup peach jam
- ☐ 1 teaspoon kosher salt
- ☐ 4 large chicken breast boneless skinless

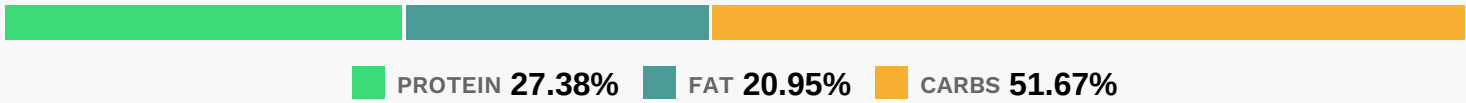
Equipment

- ☐ grill

Directions

- ☐ Place chicken, peach jam, garlic, olive oil, salt and pepper into a large zip top bag. Massage chicken with all ingredients to combine.
- ☐ Let marinate for at least 30 minutes up to overnight.Preheat indoor or outdoor grill to medium high heat. Grill chicken 5–7 minutes per side, until cooked through.
- ☐ Let chicken rest for 10 minutes then serve with a side of Sweet Mesquite Bush’s Grillin’ Beans and your favorite vegetable.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:24.55, Inflammation Score:-2, Nutrition Score:13.468260868736%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 366.33kcal (18.32%), Fat: 8.42g (12.95%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 45.8g (16.65%), Sugar: 31g (34.44%), Cholesterol: 72.32mg (24.11%), Sodium: 734.37mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin B3: 11.87mg (59.34%), Selenium: 38.58µg (55.12%), Vitamin B6: 0.96mg (47.95%), Phosphorus: 262.05mg (26.2%), Vitamin B5: 1.67mg (16.74%), Potassium: 502.76mg (14.36%), Vitamin C: 9.46mg (11.47%), Manganese: 0.21mg (10.48%), Vitamin B2: 0.17mg (10.04%), Magnesium: 34.37mg (8.59%), Vitamin E: 1.08mg (7.19%), Vitamin B1: 0.1mg (6.59%), Copper: 0.12mg (6.1%), Zinc: 0.79mg (5.27%), Iron: 0.93mg (5.14%), Vitamin K: 4.02µg (3.83%), Vitamin B12: 0.23µg (3.77%), Fiber: 0.93g (3.73%), Calcium: 34.4mg (3.44%), Folate: 11.81µg (2.95%)