



Grape Chutney with Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.3 cup figs dried chopped
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 cup grapes green seedless halved
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons paprika hot

- ☐ 1 cup grapes red seedless halved
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vegetable oil

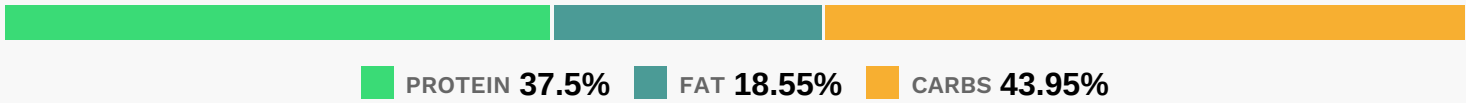
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 8 ingredients in a medium saucepan over medium-high heat. Bring to a boil; cook 10 minutes. Stir in grapes; reduce heat, and simmer 20 minutes.
- ☐ Remove cinnamon stick.
- ☐ Coat chicken with oil; sprinkle with salt and pepper. Grill 5 minutes on each side or until done.
- ☐ Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:71.77, Glycemic Load:12.2, Inflammation Score:-6, Nutrition Score:15.81173911302%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 291.82kcal (14.59%), Fat: 5.58g (8.59%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 26.95g (9.8%), Sugar: 23.13g (25.7%), Cholesterol: 72.57mg (24.19%), Sodium: 428.78mg (18.64%), Alcohol: 3.15g (100%), Alcohol %: 1.38% (100%), Protein: 25.38g (50.75%), Vitamin B3: 12.17mg (60.84%), Selenium: 36.66µg (52.36%), Vitamin B6: 0.97mg (48.61%), Phosphorus: 271.73mg (27.17%), Potassium: 698.44mg (19.96%), Vitamin B5: 1.75mg (17.5%), Vitamin K: 18.2µg (17.33%), Manganese: 0.34mg (17.22%), Magnesium: 47.04mg (11.76%), Vitamin A: 580.99IU (11.62%), Vitamin B2: 0.19mg (11.38%), Fiber: 2.79g (11.15%), Vitamin B1: 0.15mg (9.7%), Copper: 0.18mg (8.88%), Iron: 1.36mg (7.57%), Vitamin C: 5.59mg (6.77%), Vitamin E: 0.89mg (5.96%), Zinc: 0.88mg (5.86%), Calcium: 46.63mg (4.66%), Vitamin B12: 0.23µg (3.78%), Folate: 11.3µg (2.83%)