



Grilled Chicken and Peaches

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

READY IN



86 min.

SERVINGS



26

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup heinz balsamic vinegar
- 0.3 cup blackstrap molasses
- 4 peaches pitted ripe halved
- 1 cup seasons dressing mix italian good prepared
- 1 lb chicken breasts boneless skinless

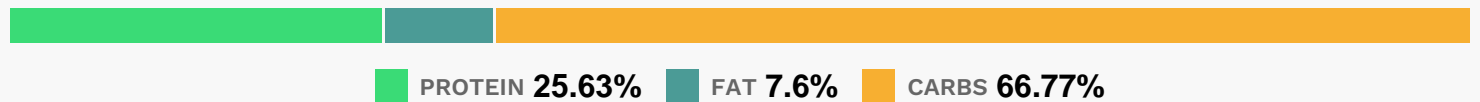
Equipment

- grill

Directions

- Pour dressing over chicken; cover. Refrigerate 1 hour to marinate.
- Drain chicken; discard marinade.
- Mix vinegar and molasses until well blended; brush onto cut sides of peach halves. Set aside.
- Preheat greased grill to medium heat. Grill chicken 8 min. on each side or until chicken is cooked through (180F), adding peaches to the grill for the last 6 min. of the chicken grilling time and turning and brushing peaches occasionally with any remaining vinegar mixture.
- Place chicken on serving platter.
- Cut peaches into slices; spoon over chicken.
- Drizzle with any remaining vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:2.7034782712226%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 66.43kcal (3.32%), Fat: 0.52g (0.8%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 9.88g (3.59%), Sugar: 4.72g (5.25%), Cholesterol: 11.17mg (3.72%), Sodium: 707.47mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin B3: 2.04mg (10.18%), Selenium: 6.64µg (9.49%), Vitamin B6: 0.16mg (7.91%), Phosphorus: 43.18mg (4.32%), Potassium: 142.76mg (4.08%), Magnesium: 14.52mg (3.63%), Manganese: 0.07mg (3.47%), Vitamin B5: 0.31mg (3.1%), Copper: 0.04mg (1.96%), Iron: 0.31mg (1.74%), Vitamin A: 80.46IU (1.61%), Vitamin B2: 0.02mg (1.45%), Vitamin C: 1.16mg (1.4%), Fiber: 0.35g (1.38%), Vitamin E: 0.2mg (1.34%), Vitamin B1: 0.02mg (1.2%), Zinc: 0.17mg (1.1%)