



Grilled Chicken and Peaches with Chipotle-Peach Dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless with skin
- ☐ 2 teaspoons adobo sauce from chipotle chiles canned
- ☐ 1 teaspoon cilantro plus sprigs fresh chopped for garnish
- ☐ 2 teaspoons olive oil plus additional extra-virgin for brushing
- ☐ 0.3 cup peach nectar
- ☐ 0.3 cup peach preserves
- ☐ 3 large peaches rinsed cut into 8 wedges

☐ 4 teaspoons red wine vinegar

Equipment

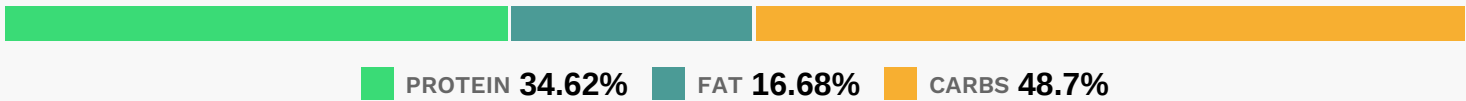
☐ bowl

☐ grill

Directions

- ☐ Coat grill rack with nonstick spray. Preparebarbecue (medium-high heat). Stir preserves,next 3 ingredients, 2 teaspoons oil, andchopped cilantro in medium bowl; seasondressing with salt and pepper.
- ☐ Transfer1/4 cup dressing to small bowl.
- ☐ Brush peaches, then chicken with oiland dressing from small bowl.
- ☐ Sprinkle withsalt and pepper. Grill chicken until cookedthrough, about 7 minutes per side. Grillpeaches until slightly charred, about2 minutes per side.
- ☐ Place 1 chicken breast on each of4 plates. Surround with peaches.
- ☐ Drizzledressing from medium bowl over chickenand peaches.
- ☐ Garnish with cilantro sprigs.
- ☐ Per serving: 408 calories,14 g fat,2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:15.11, Inflammation Score:-5, Nutrition Score:14.869130393733%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg, Catechin: 6.46mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epigallocatechin: 1.37mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

0.29mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 293.18kcal (14.66%), Fat: 5.42g (8.34%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 33.06g (12.02%), Sugar: 27.43g (30.48%), Cholesterol: 72.32mg (24.11%), Sodium: 159.97mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.62%), Vitamin B3: 12.87mg (64.36%), Selenium: 39.52µg (56.46%), Vitamin B6: 0.89mg (44.63%), Phosphorus: 272.59mg (27.26%), Vitamin B5: 1.83mg (18.31%), Potassium: 608.37mg (17.38%), Vitamin C: 9.26mg (11.23%), Magnesium: 42.05mg (10.51%), Vitamin B2: 0.18mg (10.49%), Vitamin E: 1.56mg (10.37%), Vitamin A: 517.12IU (10.34%), Fiber: 2.55g (10.21%), Copper: 0.17mg (8.28%), Vitamin B1: 0.12mg (8.05%), Zinc: 0.98mg (6.52%), Iron: 1.11mg (6.18%), Manganese: 0.11mg (5.73%), Vitamin K: 5.69µg (5.42%), Folate: 15.73µg (3.93%), Vitamin B12: 0.23µg (3.77%), Calcium: 18.15mg (1.81%)