



Grilled Chicken Breasts with Cucumber-Peach Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber chopped
- ☐ 1 tablespoon mint leaves dried fresh chopped
- ☐ 0.8 cup nectarines peeled chopped
- ☐ 0.3 cup peach preserves
- ☐ 2 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless

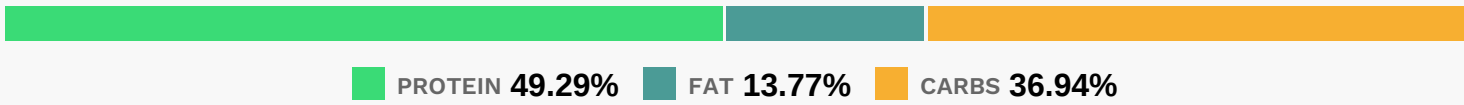
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix cucumber, 2 tablespoons of the preserves, the mint, salt, onion and peach; set aside.
- ☐ Carefully spray grill rack with cooking spray.
- ☐ Place chicken on grill. Cover grill; cook over medium heat 10 to 15 minutes, turning and brushing 2 or 3 times with remaining peach preserves, until juice of chicken is clear when center of thickest part is cut (170F). Discard any remaining preserves.
- ☐ Serve chicken with salsa.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:11.59, Inflammation Score:-4, Nutrition Score:15.12608679222%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 255.69kcal (12.78%), Fat: 3.81g (5.86%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 21.98g (7.99%), Sugar: 16.3g (18.11%), Cholesterol: 90.72mg (30.24%), Sodium: 323.24mg (14.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Vitamin B3: 15.13mg (75.64%), Selenium: 45.97µg (65.67%), Vitamin B6: 1.09mg (54.51%), Phosphorus: 315.88mg (31.59%), Vitamin B5: 2.13mg (21.25%),

Potassium: 618.46mg (17.67%), Magnesium: 43.9mg (10.97%), Vitamin B2: 0.18mg (10.55%), Vitamin C: 6.27mg (7.6%), Vitamin B1: 0.11mg (7.52%), Zinc: 0.95mg (6.31%), Copper: 0.11mg (5.33%), Iron: 0.86mg (4.75%), Vitamin B12: 0.28µg (4.72%), Fiber: 1.02g (4.06%), Manganese: 0.08mg (4.04%), Vitamin A: 196.71IU (3.93%), Folate: 15.1µg (3.77%), Vitamin E: 0.47mg (3.15%), Calcium: 19.9mg (1.99%), Vitamin K: 2.04µg (1.94%)