



Grilled Chicken with Apple-Mango Chutney

 Gluten Free

READY IN



310 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 tablespoons apple juice concentrate frozen organic thawed preferably
- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 chicken cutlets
- ☐ 1 small jalapeño chile pepper red finely chopped see Cook's Note

- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 cup mint leaves fresh chopped for garnish
- ☐ 5 ounce gala apple cored cut into 1/3-inch cubes
- ☐ 2 teaspoons garam masala
- ☐ 1 cup percent greek yogurt plain
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 small mangos peeled seeded cut into 1/3-inch cubes 1 cup

Equipment

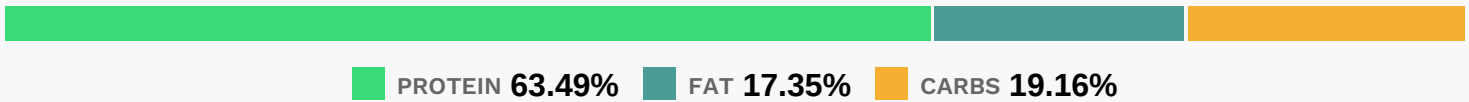
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ For the chicken: In a medium bowl, combine the yogurt, apple juice concentrate, vinegar, garam marsala, salt and pepper.
- ☐ Whisk until combined.
- ☐ Add the chicken and toss to coat. Cover the dish and refrigerate for 4 hours and up to 1 day. (You can also put all the ingredients in a resealable plastic bag.)
- ☐ For the chutney: Stir the vinegar, preserves, chile pepper, salt, pepper, dry mustard, cloves and ginger in a medium bowl until the mustard dissolves and the chutney base is blended.
- ☐ Mix in the apples, mango and mint.
- ☐ Let stand up to 30 minutes before serving.
- ☐ Coat grill rack with nonstick spray and prepare the barbecue for direct grilling over medium-high heat.

- ☐
- Place the chicken breasts (still coated with yogurt) on the grill. Cover and grill, about 5 minutes. Flip the chicken over. Cover and grill until the chicken is cooked through and feels firm to touch, about 4 minutes.
- ☐
- Transfer the chicken to a cutting board.
- ☐
- Let rest 5 minutes.
- ☐
- Place the chicken on a serving platter, and then spoon some chutney alongside the chicken.
- ☐
- Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:78.38, Glycemic Load:5.48, Inflammation Score:-8, Nutrition Score:31.400434784267%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 508.64kcal (25.43%), Fat: 9.52g (14.65%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 21.24g (7.72%), Sugar: 17.73g (19.7%), Cholesterol: 220.1mg (73.37%), Sodium: 1292.61mg (56.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.4g (156.81%), Vitamin B3: 36.07mg (180.34%), Selenium: 114.64µg (163.77%), Vitamin B6: 2.68mg (134.14%), Phosphorus: 801.12mg (80.11%), Vitamin B5: 5.17mg (51.68%), Potassium: 1519.39mg (43.41%), Vitamin C: 31.43mg (38.09%), Vitamin B2: 0.53mg (30.9%), Magnesium: 107.49mg (26.87%), Manganese: 0.35mg (17.32%), Vitamin A: 860.7IU (17.21%), Vitamin B12: 1.03µg (17.17%), Vitamin B1: 0.26mg (17.16%), Zinc: 2.37mg (15.83%), Folate: 44.88µg (11.22%), Copper: 0.21mg (10.26%), Iron: 1.8mg (9.98%), Fiber: 2.42g (9.69%), Calcium: 95.95mg (9.6%), Vitamin E: 1.24mg (8.25%), Vitamin K: 5.45µg (5.19%), Vitamin D:

0.34μg (2.27%)