



Grilled Chicken with Bourbon Peach Butter

 Dairy Free

READY IN



192 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup bourbon
- 0.3 cup brown sugar dark packed
- 0.3 cup juice of lemon fresh
- 1.5 pounds peaches peeled coarsely chopped (5 medium)
- 0.8 teaspoon salt divided
- 36 ounce chicken breast halves boneless skinless
- 3 tablespoons water

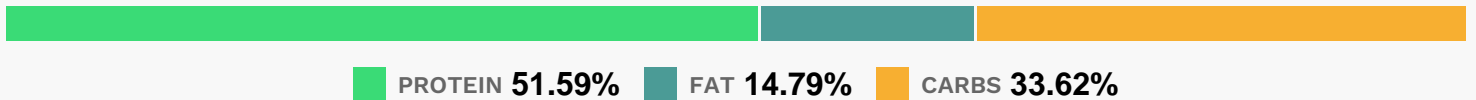
Equipment

- food processor
- sauce pan
- oven
- blender
- baking pan
- grill

Directions

- Preheat oven to 25
- Combine the first 3 ingredients in a saucepan. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- Combine peach mixture, bourbon, brown sugar, and 1/4 teaspoon salt in a food processor or blender, and process for 1 minute or until smooth.
- Transfer peach mixture to a 13 x 9-inch glass or ceramic baking dish.
- Bake at 250 for 2 hours and 15 minutes or until thickened.
- Preheat grill to medium-high heat.
- Sprinkle remaining 1/2 teaspoon salt and pepper evenly over chicken.
- Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:14.54, Glycemic Load:3.95, Inflammation Score:-6, Nutrition Score:19.362174163694%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 336.84kcal (16.84%), Fat: 4.74g (7.29%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 22.48g (8.17%), Sugar: 21.63g (24.03%), Cholesterol: 108.86mg (36.29%), Sodium: 506.87mg (22.04%), Alcohol: 6.68g (100%), Alcohol %: 2.53% (100%), Protein: 37.21g (74.42%), Vitamin B3: 18.68mg (93.41%), Selenium: 56.98µg (81.4%), Vitamin B6: 1.31mg (65.64%), Phosphorus: 384.52mg (38.45%), Vitamin B5: 2.63mg (26.29%), Potassium: 797.11mg (22.77%), Magnesium: 55.37mg (13.84%), Vitamin C: 10.63mg (12.88%), Vitamin B2: 0.21mg (12.23%), Vitamin B1: 0.14mg (9.33%), Zinc: 1.27mg (8.45%), Vitamin A: 422.23IU (8.44%), Vitamin E: 1.17mg (7.79%), Copper: 0.15mg (7.48%), Fiber: 1.77g (7.09%), Manganese: 0.13mg (6.47%), Iron: 1.14mg (6.31%), Vitamin B12: 0.34µg (5.67%), Folate: 15.79µg (3.95%), Vitamin K: 4.01µg (3.82%), Calcium: 24.94mg (2.49%), Vitamin D: 0.17µg (1.13%)