



Grilled Chicken with Chipotle-Peach Glaze



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup peach preserves
- ☐ 0.3 cup juice of lime
- ☐ 1 chipotles in adobo canned seeded chopped
- ☐ 1 teaspoon chiles in adobo sauce canned (from can of chiles)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2.5 lb chicken breast boneless skinless
- ☐ 1 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon salt
- ☐ 4 peaches pitted cut in half and , if desired
- ☐ 1 serving thyme sprigs

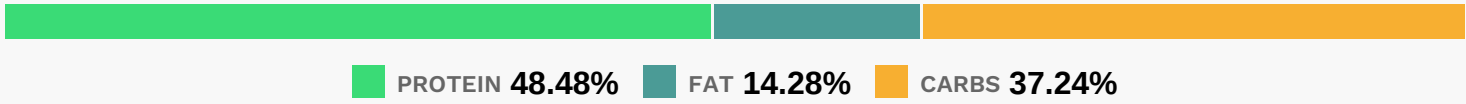
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, mix preserves, lime juice, chile and adobo sauce.
- ☐ Heat over low heat, stirring occasionally, until preserves are melted. Stir in chopped cilantro; set aside.
- ☐ Sprinkle chicken with garlic-pepper blend, cumin and salt.
- ☐ Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once or twice and brushing with preserves mixture during last 2 minutes of grilling, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Add peach halves to grill for last 2 to 3 minutes of grilling just until heated.
- ☐ Heat any remaining preserves mixture to boiling; boil and stir 1 minute.
- ☐ Serve with chicken and peaches.
- ☐ Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:10.77, Inflammation Score:-5, Nutrition Score:16.073913374673%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg

1.75mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 259.82kcal (12.99%), Fat: 4.06g (6.25%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 22.18g (8.06%), Sugar: 16.88g (18.76%), Cholesterol: 90.72mg (30.24%), Sodium: 434mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.04%), Vitamin B3: 15.46mg (77.3%), Selenium: 47.41µg (67.73%), Vitamin B6: 1.09mg (54.56%), Phosphorus: 322.98mg (32.3%), Vitamin B5: 2.16mg (21.56%), Potassium: 648.52mg (18.53%), Magnesium: 46.23mg (11.56%), Vitamin C: 9.19mg (11.14%), Vitamin B2: 0.19mg (10.9%), Vitamin B1: 0.12mg (7.73%), Zinc: 1.06mg (7.07%), Fiber: 1.66g (6.62%), Copper: 0.13mg (6.28%), Vitamin A: 306.66IU (6.13%), Iron: 1.08mg (5.97%), Vitamin E: 0.89mg (5.92%), Vitamin B12: 0.28µg (4.72%), Manganese: 0.09mg (4.61%), Folate: 14.04µg (3.51%), Vitamin K: 2.96µg (2.81%), Calcium: 18.12mg (1.81%)