



## Grilled Chicken with Fresh Grape Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 1.5 pounds skin-on chicken drumsticks
- 1.5 pounds strips.
- 1 teaspoon rosemary leaves fresh chopped
- 2 teaspoons rosemary leaves fresh chopped
- 2 garlic clove minced

- 2 teaspoons soy sauce low-sodium
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 1 cup onion chopped
- 3 cups grapes red seedless
- 0.8 teaspoon salt

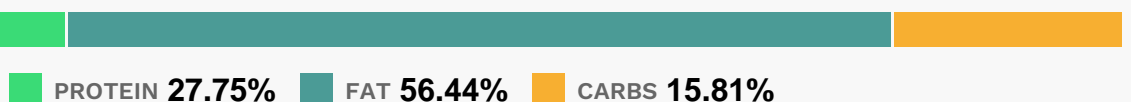
## Equipment

- sauce pan
- blender
- grill

## Directions

- To prepare glaze, place grapes in a blender; process until smooth.
- Heat 2 teaspoons oil in a saucepan over medium heat.
- Add onion; cover and cook 10 minutes.
- Add garlic; cover and cook 3 minutes, stirring occasionally. Stir in pureed grapes, vinegar, soy sauce, sugar, and 1 teaspoon rosemary; bring to a boil. Reduce heat, and simmer 10 minutes or until slightly thick. Cool slightly.
- Place grape mixture in blender; process until smooth. Set aside.
- Prepare grill.
- To prepare chicken, brush 1 tablespoon oil over chicken; sprinkle with 2 teaspoons rosemary, pepper, and salt.
- Place chicken on grill rack coated with cooking spray; cover and grill 25 minutes or until done, turning and basting frequently with grape glaze.
- Garnish with rosemary leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:30.83, Glycemic Load:7.11, Inflammation Score:-4, Nutrition Score:16.034782596256%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 474.89kcal (23.74%), Fat: 29.73g (45.74%), Saturated Fat: 7.5g (46.91%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 17.48g (6.36%), Sugar: 14.3g (15.89%), Cholesterol: 181.03mg (60.34%), Sodium: 521.33mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.79%), Selenium: 36.33µg (51.9%), Vitamin B3: 9.15mg (45.73%), Vitamin B6: 0.75mg (37.73%), Phosphorus: 334.02mg (33.4%), Vitamin B5: 2.03mg (20.26%), Vitamin B2: 0.34mg (20.14%), Zinc: 3.01mg (20.06%), Vitamin B12: 1.14µg (19.06%), Potassium: 606.63mg (17.33%), Vitamin K: 18.18µg (17.31%), Vitamin B1: 0.21mg (14.19%), Magnesium: 47.42mg (11.85%), Copper: 0.22mg (11.04%), Manganese: 0.19mg (9.7%), Iron: 1.71mg (9.49%), Vitamin E: 1.07mg (7.14%), Vitamin C: 4.71mg (5.71%), Fiber: 1.26g (5.03%), Calcium: 36.51mg (3.65%), Vitamin A: 177.14IU (3.54%), Folate: 13.14µg (3.28%), Vitamin D: 0.19µg (1.26%)