

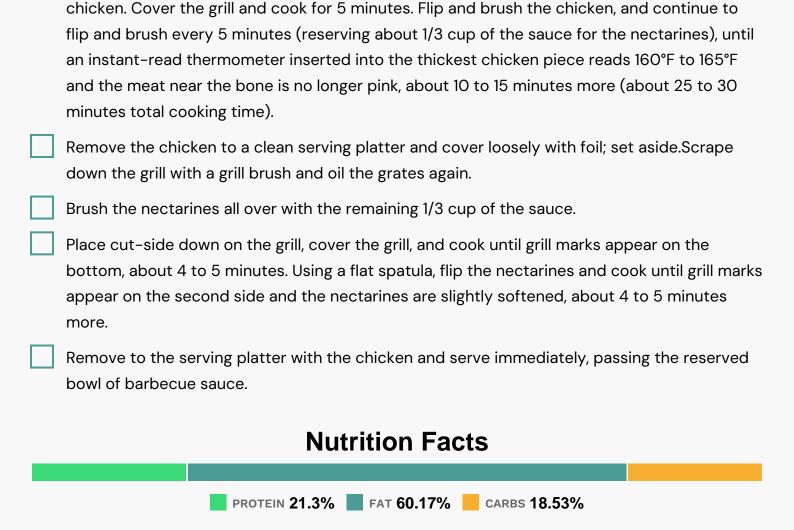
# **Grilled Chicken with Nectarine BBQ Sauce**



## Ingredients

1 tablespoon chipotles in adobo minced (from 1 medium chipotle)
6 servings pepper black freshly ground
3 pounds chicken pieces boneless bone-in skinless
2 tablespoons apple cider vinegar
0.3 cup t brown sugar dark packed
1 medium garlic clove finely chopped
0.5 cup catsup
1 teaspoon kosher salt as needed plus more

	1 pound nectarines yellow firm pitted ripe halved	
	6 servings vegetable oil for rubbing the grill grates	
	0.5 medium onion yellow	
Equipment		
	bowl	
	sauce pan	
	blender	
	grill	
	kitchen thermometer	
	aluminum foil	
	spatula	
	grill pan	
Diı	rections	
	Heat the oil in a medium saucepan over medium heat until shimmering.	
	Add the onion, chipotle, garlic, and measured salt. Season with pepper and cook, stirring occasionally, until the onion has softened, about 5 minutes.	
	Add the ketchup and cook, stirring occasionally, until fragrant and slightly darkened in color, about 2 minutes.	
	Add the remaining ingredients, stir to combine, and cook until the mixture is bubbling around the edges, about 5 minutes. Reduce the heat to medium low and simmer, stirring occasionally, until the nectarines are completely softened and starting to fall apart, about 15 to 20 minutes.	
	Transfer the mixture to a blender.	
	Remove the chicken from the refrigerator and let it sit at room temperature for about 15 minutes. Meanwhile, heat an outdoor grill or grill pan to medium (about 350°F to 450°F). When the grill is ready, rub the grill grates with a towel dipped in vegetable oil.	
	Place the chicken on the grill (skin-side down if using skin-on), cover the grill, and cook until grill marks appear on the bottom, about 5 minutes. Flip the chicken pieces, cover the grill, and cook until grill marks appear on the second side, about 5 minutes more. Flip the chicken again and, using the bowl of sauce set aside for the chicken and nectarines, generously brush the	



#### **Properties**

Glycemic Index:28.67, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:14.73739129564%

#### **Flavonoids**

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epicatechin: 1.92mg, Epicatechin

### Nutrients (% of daily need)

Calories: 558.84kcal (27.94%), Fat: 37.47g (57.65%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.32g (8.84%), Sugar: 22.66g (25.18%), Cholesterol: 115.67mg (38.56%), Sodium: 690.93mg (30.04%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 29.85g (59.7%), Vitamin B3: 11.65mg (58.25%), Selenium: 22.62µg (32.32%), Vitamin B6: O.61mg (30.64%), Vitamin K: 30.38µg (28.93%), Phosphorus: 256.03mg (25.6%), Vitamin B5: 1.58mg (15.84%), Vitamin E: 2.36mg (15.76%), Zinc: 2.24mg (14.95%), Vitamin B2: 0.24mg (14.23%), Potassium: 483.42mg (13.81%), Vitamin A: 570.4IU (11.41%), Magnesium: 42.82mg (10.71%), Iron: 1.89mg (10.47%), Vitamin B1: 0.13mg (8.38%), Copper: 0.17mg (8.29%), Vitamin B12: 0.48µg (7.97%), Vitamin C:

6.31mg (7.65%), Manganese: 0.14mg (7.21%), Fiber: 1.64g (6.54%), Folate: 17.49µg (4.37%), Calcium: 35.67mg (3.57%), Vitamin D: 0.31µg (2.06%)