



## Grilled Chicken with Nectarine BBQ Sauce

 **Gluten Free**  **Dairy Free**

READY IN



480 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### 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

## Directions

- 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

chicken. Cover the grill and cook for 5 minutes. Flip and brush the chicken, and continue to flip and brush every 5 minutes (reserving about 1/3 cup of the sauce for the nectarines), until an instant-read thermometer inserted into the thickest chicken piece reads 160°F to 165°F and the meat near the bone is no longer pink, about 10 to 15 minutes more (about 25 to 30 minutes total cooking time).

- Remove the chicken to a clean serving platter and cover loosely with foil; set aside. Scrape down the grill with a grill brush and oil the grates again.
- Brush the nectarines all over with the remaining 1/3 cup of the sauce.
- Place cut-side down on the grill, cover the grill, and cook until grill marks appear on the bottom, about 4 to 5 minutes. Using a flat spatula, flip the nectarines and cook until grill marks appear on the second side and the nectarines are slightly softened, about 4 to 5 minutes more.
- Remove to the serving platter with the chicken and serve immediately, passing the reserved bowl of barbecue sauce.

## Nutrition Facts

**PROTEIN 21.3%** **FAT 60.17%** **CARBS 18.53%**

### 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, Catechin: 2.25mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

### 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: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.7%), Vitamin B3: 11.65mg (58.25%), Selenium: 22.62µg (32.32%), Vitamin B6: 0.61mg (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%)