



## Grilled Chicken with Orange-Chipotle Glaze

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.7 cup beer dark
- 1 teaspoons chipotles in adobo finely chopped (from 7-oz can)
- 0.3 cup t brown sugar dark packed
- 1 clove garlic finely chopped
- 0.5 teaspoon ground cumin
- 0.3 cup catsup
- 3 tablespoons blackstrap molasses

- 0.3 cup onion chopped
- 0.3 cup orange juice
- 2 cups orange juice
- 1 teaspoon oregano dried
- 1 teaspoon pepper
- 1 teaspoon pepper red crushed
- 6 chicken breast boneless skinless
- 2 teaspoons vegetable oil

## Equipment

- bowl
- sauce pan
- grill
- ziploc bags

## Directions

- Place chicken in shallow glass or plastic dish or large resealable food-storage plastic bag. In small bowl, mix all marinade ingredients.
- Pour marinade over chicken; turn to coat chicken with marinade. Cover dish or seal bag; refrigerate, turning chicken occasionally, 8 hours or overnight.
- Heat gas or charcoal grill. In 2-quart saucepan, heat oil over medium-high heat. Cook onion and garlic in oil, stirring occasionally, until soft.
- Add 2 cups orange juice and the vinegar; heat to boiling. Reduce heat; simmer uncovered until mixture is reduced to 1 cup.
- Remove from heat; stir in brown sugar, ketchup and molasses. Stir in desired amount of chiles. Set aside.
- Remove chicken from marinade; discard marinade.
- Place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once or twice and brushing with glaze during last 2 minutes of grilling, until juice of chicken is clear when center of thickest part is cut (at least 165F).

Heat any remaining glaze to boiling; boil and stir 1 minute.

Serve with chicken.

## Nutrition Facts

**PROTEIN 34.68%** **FAT 14.73%** **CARBS 50.59%**

### Properties

Glycemic Index:56.25, Glycemic Load:9.51, Inflammation Score:-8, Nutrition Score:18.426086902618%

### Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.53mg, Hesperetin: 11.53mg, Hesperetin: 11.53mg, Hesperetin: 11.53mg Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

### Nutrients (% of daily need)

Calories: 298.5kcal (14.93%), Fat: 4.76g (7.33%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 35.96g (13.08%), Sugar: 31.55g (35.05%), Cholesterol: 72.32mg (24.11%), Sodium: 268.72mg (11.68%), Alcohol: 1.02g (100%), Alcohol %: 0.45% (100%), Protein: 25.23g (50.47%), Vitamin B3: 12.68mg (63.41%), Vitamin C: 50.96mg (61.77%), Selenium: 38.66µg (55.22%), Vitamin B6: 1.02mg (50.96%), Phosphorus: 271.63mg (27.16%), Potassium: 856.86mg (24.48%), Vitamin B5: 1.93mg (19.32%), Magnesium: 72.83mg (18.21%), Manganese: 0.3mg (15.19%), Vitamin B1: 0.17mg (11.59%), Vitamin B2: 0.18mg (10.58%), Folate: 39.01µg (9.75%), Iron: 1.63mg (9.06%), Vitamin A: 403.9IU (8.08%), Copper: 0.16mg (7.89%), Calcium: 63.79mg (6.38%), Vitamin K: 6.5µg (6.19%), Zinc: 0.82mg (5.48%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.23µg (3.85%), Fiber: 0.84g (3.35%)