



Grilled Chicken with Oregano Peach Sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 cup peach preserves
- ☐ 0.5 teaspoon garlic
- ☐ 0.3 cup raspberry vinegar
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1.3 pounds chicken breast halves boneless skinless

Equipment

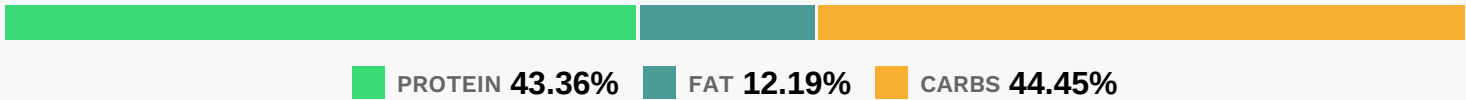
- ☐ bowl

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Heat preserves and vinegar to boiling in 1-quart saucepan, stirring constantly, until preserves are melted. Spoon about 1/4 cup mixture into small bowl or custard cup for brushing on chicken. Stir oregano into remaining mixture and reserve to serve with chicken.
- ☐ Sprinkle chicken with garlic pepper and seasoned salt.
- ☐ Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, turning once and brushing with preserves mixture during last 10 minutes of grilling, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining preserves mixture brushed on chicken.
- ☐ Serve chicken with reserved preserves mixture with oregano.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:15.97, Inflammation Score:-9, Nutrition Score:16.324347524539%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 290.06kcal (14.5%), Fat: 3.81g (5.86%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 29.73g (10.81%), Sugar: 20.78g (23.09%), Cholesterol: 90.72mg (30.24%), Sodium: 470.15mg (20.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.5g (61%), Vitamin B3: 14.92mg (74.59%), Selenium: 46.39µg (66.27%), Vitamin B6: 1.1mg (55.05%), Phosphorus: 311.21mg (31.12%), Vitamin B5: 2.05mg (20.54%), Potassium: 601.16mg (17.18%), Vitamin K: 15.83µg (15.08%), Magnesium: 46.15mg (11.54%), Vitamin B2: 0.19mg (11.04%), Manganese: 0.21mg (10.36%), Iron: 1.69mg (9.4%), Vitamin B1: 0.1mg (6.85%), Vitamin C: 5.62mg (6.81%), Zinc: 0.93mg (6.17%), Fiber: 1.54g (6.15%), Calcium: 57.42mg (5.74%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (4.96%), Vitamin B12: 0.28µg (4.72%), Folate: 16.28µg (4.07%), Vitamin A: 85.08IU (1.7%)