



Grilled Chicken with Peach Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon garlic finely chopped
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 cups peach preserves
- ☐ 4 peaches pitted ripe halved
- ☐ 8 chicken breast halves boneless skinless
- ☐ 2 tablespoons soya sauce

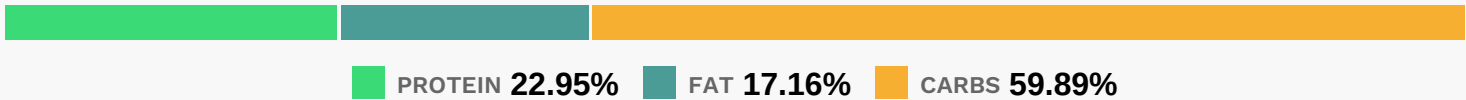
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate. Season chicken breast halves with salt and black pepper.
- ☐ Stir peach preserves, olive oil, soy sauce, garlic, and mustard in a bowl; season with salt and black pepper. Reserve about 1/2 cup peach sauce.
- ☐ Place chicken on preheated grill; cook until golden brown, 6 to 7 minutes, then flip chicken. Continue cooking for 5 to 6 minutes.
- ☐ Brush both sides of the chicken with peach sauce. Cook until no longer pink in the center and the juices run clear, 4 to 5 more minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Arrange peach halves cut side down on the grill. Grill for 2 minutes, flip, and brush with reserved 1/2 cup peach sauce. Continue to grill until peaches are tender, 3 to 4 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.53, Glycemic Load:34.43, Inflammation Score:-4, Nutrition Score:15.051739215851%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 448.4kcal (22.42%), Fat: 8.51g (13.1%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 66.83g (22.28%), Net Carbohydrates: 64.63g (23.5%), Sugar: 47.63g (52.92%), Cholesterol: 72.32mg (24.11%), Sodium: 440.3mg (19.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.21%), Vitamin B3: 12.62mg (63.08%), Selenium: 40.25µg (57.5%), Vitamin B6: 0.9mg (45.24%), Phosphorus: 279.37mg (27.94%), Vitamin B5: 1.77mg (17.71%), Potassium: 591.63mg (16.9%), Vitamin C: 12.23mg (14.82%), Vitamin B2: 0.21mg (12.36%), Vitamin E: 1.63mg (10.85%), Magnesium: 41.75mg (10.44%), Copper: 0.18mg (9.23%), Fiber: 2.2g (8.8%), Vitamin B1: 0.11mg (7.48%), Manganese: 0.15mg (7.26%), Iron: 1.27mg (7.08%), Zinc: 0.92mg (6.15%), Vitamin A: 279.89IU (5.6%), Vitamin K: 5.7µg (5.43%), Folate: 19.34µg (4.84%), Vitamin B12: 0.23µg (3.77%), Calcium: 29.65mg (2.96%)