



Grilled Chicken with Pinot-Plum Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons brown sugar
- 1 cup wine dry red
- 2 cups plums ripe chopped (3 small)
- 1 tablespoon red wine vinegar
- 0.1 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

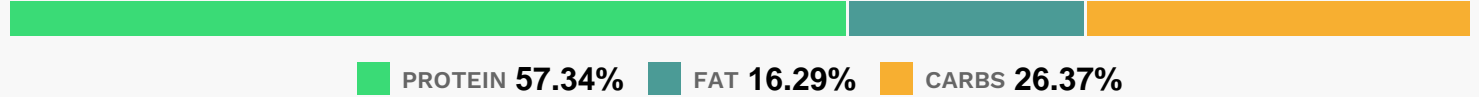
Equipment

- bowl
- sauce pan
- grill

Directions

- To prepare sauce, combine first 4 ingredients in a small saucepan (A); bring to a boil. Reduce heat; simmer 25 minutes or until thick, stirring occasionally (B).
- Remove from heat; stir in 1/8 teaspoon salt.
- Pour into a small bowl; cool to room temperature.
- Prepare grill to medium-high heat.
- To prepare the chicken, sprinkle the chicken with 1/8 teaspoon salt and pepper.
- Place chicken on a grill rack coated with cooking spray. Grill 4 minutes on each side or until done.
- Serve chicken with plum sauce.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:3.2, Inflammation Score:-6, Nutrition Score:18.056086913399%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg, Peonidin: 1.37mg Catechin: 7mg, Catechin: 7mg, Catechin: 7mg, Catechin: 7mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 9.04mg, Epicatechin: 9.04mg, Epicatechin: 9.04mg, Epicatechin: 9.04mg Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg, Epicatechin 3-gallate: 0.63mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 305.33kcal (15.27%), Fat: 4.64g (7.14%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.73g (5.72%), Sugar: 14g (15.56%), Cholesterol: 108.86mg (36.29%), Sodium: 271.98mg (11.83%), Alcohol: 6.3g (100%), Alcohol %: 2.48% (100%), Protein: 36.75g (73.49%), Vitamin B3: 18.09mg (90.46%), Selenium: 54.51µg (77.87%), Vitamin B6: 1.3mg (65.03%), Phosphorus: 371.04mg (37.1%), Vitamin B5: 2.54mg (25.44%), Potassium: 769.17mg (21.98%), Magnesium: 50.8mg (12.7%), Vitamin C: 9.9mg (12%), Vitamin B2: 0.19mg (11.27%), Vitamin B1: 0.13mg (8.8%), Zinc: 1.07mg (7.15%), Vitamin A: 336IU (6.72%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.72µg (5.45%), Copper: 0.1mg (4.85%), Fiber: 1.17g (4.68%), Iron: 0.84mg (4.64%), Manganese: 0.08mg (4.11%), Vitamin E: 0.54mg (3.59%), Folate: 1µg (2.75%), Calcium: 18.98mg (1.9%), Vitamin D: 0.17µg (1.13%)