



Grilled Chicken with Raspberry Chipotle Glaze

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup raspberry jam
- 0.3 cup juice of lime
- 2 chipotles in adobo seeded chopped (from 7-oz can)
- 2 teaspoons chiles in adobo sauce canned (from can of chiles)
- 2 tablespoons cilantro leaves fresh chopped
- 2.5 lb chicken breast boneless skinless
- 1 teaspoon highest available proof grain spirit
- 0.5 teaspoon ground cumin

- 0.5 teaspoon salt
- 1 serving raspberries fresh

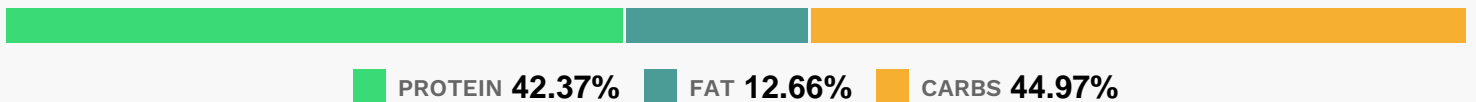
Equipment

- sauce pan
- grill

Directions

- Heat gas or charcoal grill. In 1-quart saucepan, mix preserves, lime juice, chiles and adobo sauce.
- Heat over low heat, stirring occasionally, until preserves are melted. Stir in chopped cilantro; set aside.
- Sprinkle chicken with garlic-pepper blend, cumin and salt.
- Place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once or twice and brushing with half of the glaze during last 2 minutes of grilling, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Heat any remaining glaze to boiling; boil and stir 1 minute.
- Serve chicken with glaze and fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:16.19, Inflammation Score:-3, Nutrition Score:15.179999836113%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-

gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 294.74kcal (14.74%), Fat: 4.05g (6.24%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 30.96g (11.26%), Sugar: 21.41g (23.79%), Cholesterol: 90.72mg (30.24%), Sodium: 538.38mg (23.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.52g (61.05%), Vitamin B3: 14.91mg (74.56%), Selenium: 46.3µg (66.14%), Vitamin B6: 1.08mg (54.06%), Phosphorus: 313.15mg (31.31%), Vitamin B5: 2.07mg (20.73%), Potassium: 588.07mg (16.8%), Vitamin C: 10.54mg (12.78%), Magnesium: 42.88mg (10.72%), Vitamin B2: 0.18mg (10.65%), Vitamin B1: 0.1mg (6.97%), Zinc: 0.93mg (6.23%), Fiber: 1.44g (5.76%), Iron: 1.02mg (5.68%), Manganese: 0.1mg (5.17%), Copper: 0.1mg (4.76%), Vitamin B12: 0.28µg (4.72%), Folate: 13.7µg (3.43%), Vitamin E: 0.45mg (3.02%), Calcium: 21.86mg (2.19%), Vitamin K: 1.35µg (1.29%), Vitamin A: 61.42IU (1.23%)