



Grilled Chicken with Raspberry Chipotle Glaze

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chiles in adobo sauce canned (from can of chiles)
- 2 chipotles in adobo seeded chopped (from 7-oz can)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lime
- 1 teaspoon garlic
- 8 servings raspberries fresh
- 1 cup raspberry jam

- 0.5 teaspoon salt
- 2.5 lb chicken breast boneless skinless

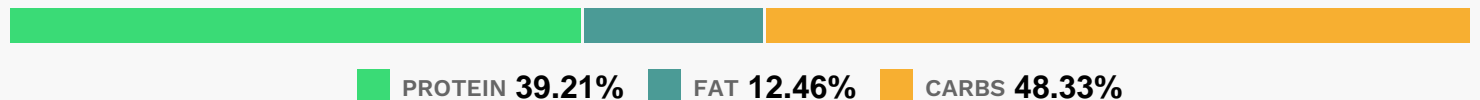
Equipment

- 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 165F).
- Heat any remaining glaze to boiling; boil and stir 1 minute.
- Serve chicken with glaze and fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:16.73, Inflammation Score:-4, Nutrition Score:18.561304343783%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate:

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Nutrients (% of daily need)

Calories: 320.4kcal (16.02%), Fat: 4.39g (6.75%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 33.49g (12.18%), Sugar: 23.72g (26.35%), Cholesterol: 90.72mg (30.24%), Sodium: 538.93mg (23.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.17%), Vitamin B3: 15.19mg (75.94%), Selenium: 46.44µg (66.34%), Vitamin B6: 1.11mg (55.62%), Phosphorus: 326.28mg (32.63%), Vitamin C: 24.41mg (29.59%), Manganese: 0.45mg (22.67%), Vitamin B5: 2.24mg (22.41%), Fiber: 4.82g (19.29%), Potassium: 666.22mg (19.03%), Magnesium: 53.43mg (13.36%), Vitamin B2: 0.2mg (11.75%), Vitamin B1: 0.12mg (8.09%), Iron: 1.38mg (7.66%), Zinc: 1.12mg (7.48%), Copper: 0.14mg (7.02%), Folate: 24.15µg (6.04%), Vitamin E: 0.91mg (6.03%), Vitamin K: 5.44µg (5.18%), Vitamin B12: 0.28µg (4.72%), Calcium: 35.54mg (3.55%), Vitamin A: 78.66IU (1.57%)