



## Grilled Chicken With Spicy Cherry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon cherry preserves
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.1 teaspoon cumin
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

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1 cup cherries    sweet pitted chopped

## Equipment

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sauce pan

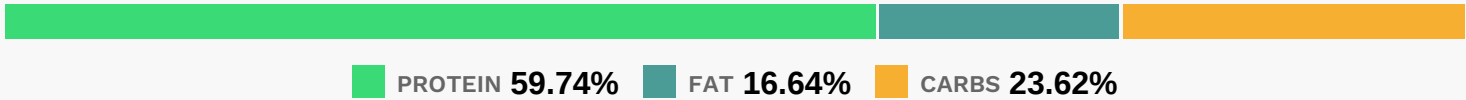
☐

grill

## Directions

- ☐
- Prepare the grill. Then lightly spray the grill rack with cooking spray.
- ☐
- Lightly crush cherries in a small saucepan.
- ☐
- Add the wine or water and next 6 ingredients (through preserves). Bring the mixture to a boil; reduce heat, and simmer, stirring occasionally, 10 minutes.
- ☐
- Grill the chicken, covered, for 4 minutes on each side or until it is cooked through.
- ☐
- Serve chicken topped with cherry sauce.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:3, Inflammation Score:-3, Nutrition Score:11.691739113435%

## Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg, Peonidin: 0.8mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 179.04kcal (8.95%), Fat: 3.04g (4.67%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.86g (3.22%), Sugar: 6.85g (7.62%), Cholesterol: 72.57mg (24.19%), Sodium: 207.08mg (9%), Alcohol: 1.58g (100%), Alcohol %: 1.18% (100%), Protein: 24.54g (49.09%), Vitamin B3: 11.9mg (59.49%), Selenium: 36.51µg (52.16%), Vitamin B6: 0.88mg (43.92%), Phosphorus: 248.08mg (24.81%), Vitamin B5: 1.69mg (16.91%), Potassium: 506.2mg (14.46%), Magnesium: 34.1mg (8.52%), Vitamin B2: 0.13mg (7.67%), Vitamin B1: 0.08mg (5.65%), Vitamin C: 4.45mg (5.4%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.23µg (3.78%), Iron: 0.64mg (3.56%), Fiber: 0.84g (3.36%), Manganese: 0.07mg (3.35%), Copper: 0.06mg (3.03%), Vitamin E: 0.27mg (1.82%), Folate: 6.52µg (1.63%), Vitamin A: 75.83IU (1.52%), Calcium: 13.62mg (1.36%), Vitamin K: 1.14µg (1.08%)