



Grilled Chicken with Spicy Peach Glaze



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 chicken breast bone-in skinless



0.3 cup chilis green chopped (from 4.5-oz can)



2 tablespoons apple cider vinegar



0.5 teaspoon ground ginger



1 cup peach preserves



6 chicken thighs skinless

Equipment



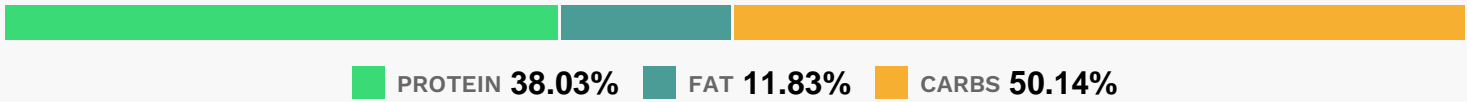
food processor

- ☐ blender
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In food processor or blender, process all ingredients except chicken pieces until smooth. Reserve 1/3 cup preserves mixture.
- ☐ Place chicken pieces on grill over medium heat. Cover grill; cook 25 to 30 minutes, turning frequently and brushing with preserves mixture during last 15 minutes of cooking, until juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for drumsticks). Discard any remaining preserves mixture used for brushing.
- ☐ Before serving, brush chicken with reserved preserves mixture.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:21.15, Inflammation Score:-2, Nutrition Score:14.331304475017%

Nutrients (% of daily need)

Calories: 323.86kcal (16.19%), Fat: 4.14g (6.37%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 38.73g (14.08%), Sugar: 27.51g (30.57%), Cholesterol: 99.46mg (33.15%), Sodium: 206.28mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.88%), Vitamin B3: 13.42mg (67.12%), Selenium: 43.71µg (62.45%), Vitamin B6: 0.98mg (48.8%), Phosphorus: 302.77mg (30.28%), Vitamin B5: 1.96mg (19.59%), Potassium: 546.51mg (15.61%), Vitamin B2: 0.21mg (12.62%), Vitamin C: 8.32mg (10.09%), Magnesium: 38.82mg (9.7%), Zinc: 1.34mg (8.95%), Vitamin B1: 0.11mg (7.22%), Vitamin B12: 0.39µg (6.48%), Iron: 1.02mg (5.65%), Manganese: 0.11mg (5.63%), Copper: 0.11mg (5.4%), Folate: 15.11µg (3.78%), Fiber: 0.75g (2.98%), Calcium: 22.62mg (2.26%), Vitamin E: 0.34mg (2.25%), Vitamin K: 1.1µg (1.05%)