



Grilled Raspberry-Glazed Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon dijon mustard



1.5 cups raspberries fresh thawed drained (and)



0.5 cup raspberry jam



1.8 pounds chicken breast halves boneless skinless

Equipment

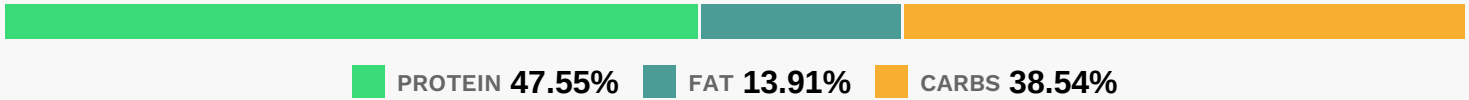


grill

Directions

- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix raspberry jam and mustard.
- ☐ Cover and grill chicken 4 to 5 inches from medium heat 20 to 25 minutes, brushing occasionally with jam mixture and turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard remaining jam mixture.
- ☐ Serve chicken topped with raspberries.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:10.99, Inflammation Score:-3, Nutrition Score:15.066087033438%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 246.71kcal (12.34%), Fat: 3.73g (5.73%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 20.85g (7.58%), Sugar: 15.1g (16.78%), Cholesterol: 84.67mg (28.22%), Sodium: 190.33mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.32%), Vitamin B3: 14mg (70.01%), Selenium: 43.81µg (62.59%), Vitamin B6: 1.01mg (50.74%), Phosphorus: 294.61mg (29.46%), Vitamin B5: 2mg (19.97%), Potassium: 560.37mg (16.01%), Vitamin C: 11.95mg (14.49%), Manganese: 0.24mg (12.13%), Magnesium: 43.33mg (10.83%), Vitamin B2: 0.17mg (9.82%), Fiber: 2.37g (9.48%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.93mg (6.18%), Iron: 0.88mg (4.86%), Copper: 0.09mg (4.65%), Vitamin B12: 0.26µg (4.41%), Folate: 14.88µg (3.72%), Vitamin E: 0.56mg (3.7%),

Vitamin K: 2.64μg (2.52%), Calcium: 21.36mg (2.14%), Vitamin A: 51.36IU (1.03%)