



Grilled Raspberry-Peach Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup raspberries fresh unsweetened
- 1 small peaches fresh peeled sliced
- 2 tablespoons apple juice
- 2 tablespoons honey
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 pound chicken breast halves boneless skinless
- 1 serving raspberries

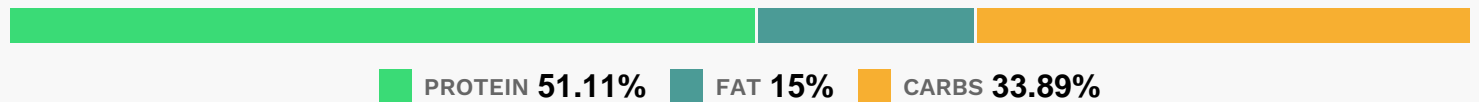
Equipment

- food processor
- sauce pan
- blender
- grill

Directions

- Place raspberries, peach slices, brandy and honey in blender or food processor. Cover and blend on high speed about 1 minute or until smooth.
- Heat blended mixture in 1-quart saucepan. Keep warm.
- Sprinkle both sides of chicken with salt and pepper.
- Brush grill rack with vegetable oil.
- Heat coals or gas grill for direct heat.
- Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- Spoon some of the raspberry sauce on serving plate.
- Place chicken on sauce.
- Drizzle with additional sauce.
- Garnish with additional raspberries.

Nutrition Facts



Properties

Glycemic Index:54.32, Glycemic Load:6.41, Inflammation Score:-4, Nutrition Score:13.596521745557%

Flavonoids

Cyanidin: 14.36mg, Cyanidin: 14.36mg, Cyanidin: 14.36mg, Cyanidin: 14.36mg 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: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 194.21kcal (9.71%), Fat: 3.23g (4.97%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 13.93g (5.06%), Sugar: 13.4g (14.88%), Cholesterol: 72.57mg (24.19%), Sodium: 282.15mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin B3: 12.29mg (61.44%), Selenium: 37.13µg (53.04%), Vitamin B6: 0.88mg (43.91%), Phosphorus: 255.13mg (25.51%), Vitamin B5: 1.78mg (17.77%), Potassium: 519.25mg (14.84%), Manganese: 0.27mg (13.41%), Vitamin C: 10.67mg (12.94%), Fiber: 2.51g (10.02%), Magnesium: 39.49mg (9.87%), Vitamin B2: 0.14mg (8.26%), Vitamin B1: 0.09mg (6.11%), Zinc: 0.88mg (5.9%), Vitamin E: 0.72mg (4.77%), Copper: 0.09mg (4.47%), Iron: 0.8mg (4.46%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.75µg (3.57%), Folate: 13.02µg (3.25%), Vitamin A: 150.63IU (3.01%), Calcium: 16.34mg (1.63%)