



## Grilled Tamarind and Orange Glazed Chicken

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce chicken broth low-sodium canned
- 1 dash chile-garlic sauce to taste sriracha® (such as )
- 1 tablespoon ginger fresh grated
- 2 large cloves garlic chopped
- 4 servings salt and ground pepper black to taste
- 2 tablespoons herbs de provence
- 0.3 cup olive oil
- 0.8 cup orange juice freshly squeezed

- 1 orange zest
- 4 chicken breasts boneless skinless
- 2 tablespoons tamarind paste
- 2 tablespoons butter unsalted melted
- 0.3 cup sugar white

## Equipment

- bowl
- sauce pan
- whisk
- grill
- kitchen thermometer
- grill pan

## Directions

- Whisk olive oil, herbes de Provence, garlic, salt, and black pepper in a bowl; place chicken in marinade and stir to coat. Cover and refrigerate 1 to 6 hours, turning chicken occasionally in marinade.
- Whisk chicken broth, orange juice, sugar, orange zest, butter, tamarind paste, and ginger in a saucepan and place over medium-high heat. Cook at a vigorous boil, whisking often, until mixture has reduced to about 3/4 cup and glaze coats the back of a spoon, 25 to 30 minutes.
- Remove from heat and stir in chile-garlic sauce; season tamarind glaze with salt and black pepper.
- Preheat an outdoor grill for medium-high heat. Spray a grill pan with cooking spray.
- Pour about 3 tablespoons tamarind glaze into a small bowl for basting and set aside.
- Place chicken breasts onto preheated grill; discard used marinade. Grill chicken until browned, the meat is no longer pink inside, and the juices run clear, about 4 minutes per side, basting with reserved tamarind glaze. An instant-read meat thermometer inserted into the thickest part of a breast should read at least 160 degrees F (70 degrees C).
- Transfer chicken to a serving plate and serve with remaining tamarind glaze poured on top.

## Nutrition Facts

PROTEIN 25.63% FAT 49.26% CARBS 25.11%

## Properties

Glycemic Index:66.02, Glycemic Load:14.37, Inflammation Score:-5, Nutrition Score:19.257391504619%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 415.57kcal (20.78%), Fat: 23.08g (35.51%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 24.82g (9.03%), Sugar: 19.75g (21.94%), Cholesterol: 87.37mg (29.12%), Sodium: 179.76mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.04%), Vitamin B3: 13.69mg (68.44%), Selenium: 36.81µg (52.58%), Vitamin B6: 0.92mg (45.94%), Vitamin K: 43.59µg (41.52%), Vitamin C: 30.52mg (37%), Phosphorus: 294.45mg (29.45%), Iron: 3.58mg (19.87%), Potassium: 689.03mg (19.69%), Vitamin B5: 1.75mg (17.46%), Vitamin E: 2.51mg (16.74%), Magnesium: 49.38mg (12.35%), Manganese: 0.22mg (11.17%), Vitamin B1: 0.17mg (11.08%), Vitamin B2: 0.19mg (11.05%), Vitamin A: 393.51IU (7.87%), Copper: 0.14mg (7.1%), Calcium: 68.8mg (6.88%), Fiber: 1.66g (6.64%), Folate: 26.43µg (6.61%), Zinc: 0.95mg (6.35%), Vitamin B12: 0.34µg (5.68%), Vitamin D: 0.22µg (1.45%)