



Jalapeño-Basil Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 skinned and boned chicken breasts
- 0.5 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 10 oz jalapeño pepper jelly
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

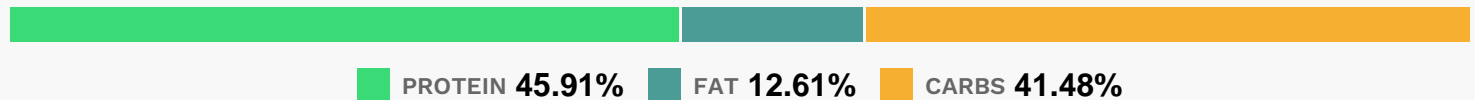
- sauce pan

grill

Directions

- Cook first 3 ingredients in a small saucepan over low heat, stirring often, 5 minutes or until pepper jelly melts.
- Remove from heat, and let mixture cool completely.
- Pour 3/4 cup pepper jelly mixture into a large zip-top plastic freezer bag, reserving remaining mixture; add chicken, turning to coat. Seal and let stand at room temperature 30 minutes, turning chicken occasionally.
- Remove chicken from marinade, discarding marinade.
- Sprinkle evenly with salt and pepper.
- Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) 10 to 15 minutes on each side or until done.
- Serve with remaining pepper jelly mixture.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:21.683478032765%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 448.03kcal (22.4%), Fat: 5.87g (9.03%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 43.37g (15.77%), Sugar: 38.09g (42.32%), Cholesterol: 144.64mg (48.21%), Sodium: 577.82mg (25.12%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 48.06g (96.12%), Vitamin B3: 23.62mg (118.1%), Selenium: 72.36µg (103.37%), Vitamin B6: 1.71mg (85.52%), Phosphorus: 481.04mg (48.1%), Vitamin B5: 3.24mg (32.39%), Potassium: 863.65mg (24.68%), Magnesium: 62.94mg (15.74%), Vitamin B2: 0.23mg (13.64%), Vitamin A: 608.29IU (12.17%), Vitamin C: 8.51mg (10.32%), Vitamin B1: 0.15mg (9.79%), Zinc: 1.36mg (9.07%), Vitamin B12:

0.45µg (7.53%), Vitamin K: 7µg (6.67%), Iron: 0.98mg (5.44%), Manganese: 0.1mg (5.15%), Copper: 0.07mg (3.49%),
Vitamin E: 0.44mg (2.95%), Folate: 10.38µg (2.6%), Calcium: 17.39mg (1.74%), Vitamin D: 0.23µg (1.51%)