



Orange-Molasses Grilled Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 6 garlic clove pressed
- ☐ 0.5 cup blackstrap molasses light ()
- ☐ 1 cup orange juice fresh
- ☐ 2 tablespoons orange zest grated
- ☐ 2 teaspoons hot sauce hot
- ☐ 8 chicken breast halves boneless skinless

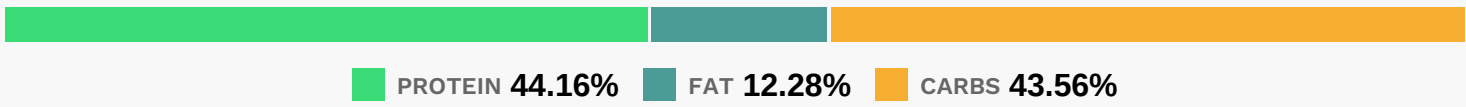
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Whisk orange juice, vinegar, molasses, orange peel, and all but 1 teaspoon garlic in medium saucepan. Bring to boil over medium-high heat. Reduce heat to medium and simmer until reduced to 2 cups, about 10 minutes. Stir in pepper sauce. Cool marinade to room temperature.
- ☐ Place chicken in 11x7x2-inch glass baking dish.
- ☐ Pour marinade over. Refrigerate at least 4 hours and up to 1 day.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove chicken from marinade, shaking off excess.
- ☐ Transfer marinade to saucepan. Stir in reserved 1 teaspoon garlic. Boil over medium-high heat until reduced to 1 1/4 cups, about 5 minutes.
- ☐ Transfer to serving bowl. Season chicken with salt and pepper. Grill until cooked through, about 5 minutes per side.
- ☐ Transfer chicken to cutting board; let stand 5 minutes.
- ☐ Cut chicken crosswise on diagonal into 1/2-inch-thick slices; transfer to plate.
- ☐ Serve, passing sauce separately.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:10.81, Inflammation Score:-5, Nutrition Score:15.766521575658%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 229.81kcal (11.49%), Fat: 3.03g (4.66%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 23.89g (8.69%), Sugar: 21.95g (24.39%), Cholesterol: 72.32mg (24.11%), Sodium: 171.54mg (7.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.99%), Vitamin B3: 12.14mg (60.69%), Selenium: 40.27µg (57.54%), Vitamin B6: 1.03mg (51.6%), Phosphorus: 257.51mg (25.75%), Vitamin C: 20.35mg (24.66%), Potassium: 828.03mg (23.66%), Magnesium: 87.57mg (21.89%), Manganese: 0.41mg (20.65%), Vitamin B5: 1.86mg (18.6%), Iron: 1.7mg (9.45%), Copper: 0.16mg (8.07%), Vitamin B1: 0.12mg (7.7%), Vitamin B2: 0.13mg (7.49%), Calcium: 65.26mg (6.53%), Zinc: 0.78mg (5.21%), Vitamin B12: 0.23µg (3.77%), Folate: 14.4µg (3.6%), Vitamin A: 104.02IU (2.08%), Vitamin E: 0.23mg (1.56%), Fiber: 0.27g (1.08%)