



Orange-Sage Grilled Chicken

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



4770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup orange marmalade
- 0.3 cup balsamic vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon sage dried
- 2 tablespoons chives fresh chopped
- 10.5 lb irish oats skinless
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper

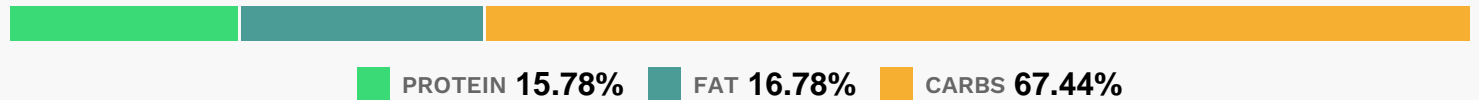
Equipment

- sauce pan
- grill

Directions

- Heat coals or gas grill for direct heat. In 1-quart saucepan, mix marmalade, vinegar, oil and sage. Cook over low heat about 1 minute, stirring occasionally, until well blended. Stir in chives. Reserve 1/3 cup marmalade mixture to serve with chicken.
- Sprinkle chicken with garlic salt and pepper. Cover and grill chicken over medium heat 15 minutes; turn chicken. Cover and grill 20 to 30 minutes longer, turning occasionally and brushing 2 or 3 times with marmalade mixture, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Serve reserved marmalade mixture with chicken.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:374.66, Inflammation Score:-1, Nutrition Score:16.349130454271%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 4770.05kcal (238.5%), Fat: 90.19g (138.75%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 815.31g (271.77%), Net Carbohydrates: 683.95g (248.71%), Sugar: 26.41g (29.35%), Cholesterol: 0mg (0%), Sodium: 316.85mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 190.79g (381.58%), Fiber: 131.36g (525.44%), Iron: 49.56mg (275.36%), Copper: 1.56mg (78%), Calcium: 620.23mg (62.02%), Vitamin K: 15.9µg (15.15%), Manganese: 0.1mg (5.05%), Vitamin E: 0.58mg (3.9%), Vitamin C: 2.79mg (3.38%), Vitamin A: 90.78IU (1.82%), Folate: 5.2µg (1.3%), Potassium: 40.94mg (1.17%), Magnesium: 4.41mg (1.1%)