



Peach-Ginger Chicken Thighs

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

READY IN



55 min.

SERVINGS



35

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons basil fresh chopped
- 2 tablespoons ginger fresh minced
- 1 lime halved
- 1 tablespoon juice of lime fresh
- 1 cup peach preserves
- 4 peaches pitted peeled cut into 1/2-inch dice ()
- 2 teaspoons pepper
- 2 bell peppers red seeded cut into 1/2-inch dice

- 2 teaspoons salt
- 0.3 cup scallions finely chopped
- 16 chicken thighs bone-in skinless
- 1.5 tablespoons spicy mustard

Equipment

- bowl
- baking sheet
- grill
- aluminum foil

Directions

- Stir together preserves, ginger and mustard in a small bowl. Set aside 1/4 cup; put remaining mixture in a medium bowl.
- Add peaches, bell peppers and scallions to medium bowl with preserves mixture. Stir gently. Stir in basil and lime juice. Cover and chill until ready to serve.
- Put chicken on a foil-lined baking sheet in a single layer. Squeeze lime halves over both sides of chicken; season with salt and pepper.
- Turn on all grill burners and preheat to medium-high (350F to 400F). When grill is ready, turn one burner off for indirect heat and leave others on for direct heat.
- Brush grill with oil.
- Place chicken on grill rack over direct heat. Cover and grill for 5 minutes on each side. Baste chicken with remaining preserves mixture and move to grill rack over indirect heat. Cover and grill for 10 minutes longer, turning once and basting often.
- Remove chicken from grill; let stand 5 minutes before serving.
- Serve with reserved peach relish.

Nutrition Facts



PROTEIN 40.18% **FAT 19.64%** **CARBS 40.18%**

Properties

Glycemic Index:9.72, Glycemic Load:4.39, Inflammation Score:-3, Nutrition Score:5.5017391287762%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 93.47kcal (4.67%), Fat: 2.02g (3.12%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.51g (7.24%), Cholesterol: 44.3mg (14.77%), Sodium: 187.34mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Selenium: 11.34µg (16.2%), Vitamin B3: 2.83mg (14.15%), Vitamin C: 11.16mg (13.53%), Vitamin B6: 0.24mg (11.83%), Phosphorus: 96.4mg (9.64%), Vitamin B5: 0.62mg (6.19%), Vitamin B2: 0.1mg (6.06%), Vitamin A: 296.25IU (5.93%), Zinc: 0.79mg (5.23%), Vitamin B12: 0.3µg (4.97%), Potassium: 166.49mg (4.76%), Vitamin K: 4.74µg (4.51%), Vitamin B1: 0.05mg (3.6%), Magnesium: 14.37mg (3.59%), Iron: 0.56mg (3.12%), Copper: 0.06mg (2.79%), Fiber: 0.65g (2.61%), Manganese: 0.05mg (2.53%), Vitamin E: 0.34mg (2.29%), Folate: 8.06µg (2.02%)