



Peach-Glazed Chicken

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 pound chicken breast tenders
- 1 green onion chopped
- 0.5 cup peach preserves
- 0.3 teaspoon pepper
- 1 teaspoon vegetable oil

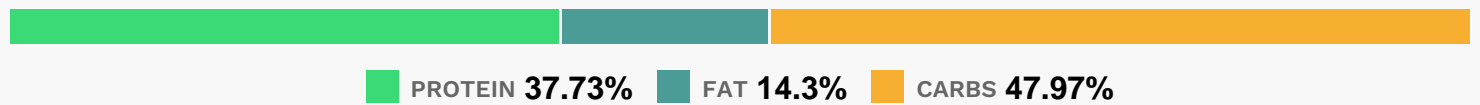
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot.
- Add chicken, and saute 5 minutes on each side or until done.
- Remove chicken; set aside, and keep warm.
- Reduce heat to low; add preserves and remaining 3 ingredients. Cook, stirring constantly, until preserves melt and onion is tender. Spoon preserves mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:16.59, Inflammation Score:-2, Nutrition Score:12.128260845723%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 265.68kcal (13.28%), Fat: 4.1g (6.31%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 30.94g (10.32%), Net Carbohydrates: 30.37g (11.04%), Sugar: 21.88g (24.31%), Cholesterol: 72.57mg (24.19%), Sodium: 147.49mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B3: 11.86mg (59.3%), Selenium: 37.16µg (53.09%), Vitamin B6: 0.86mg (43%), Phosphorus: 249.04mg (24.9%), Vitamin B5: 1.63mg (16.28%), Potassium: 471.2mg (13.46%), Vitamin B2: 0.15mg (8.72%), Vitamin K: 8.71µg (8.3%), Magnesium: 32.96mg (8.24%), Vitamin C: 5.66mg (6.87%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.7mg (4.69%), Iron: 0.74mg (4.12%), Copper: 0.08mg (3.97%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.07mg (3.26%), Folate: 11.15µg (2.79%), Vitamin E: 0.38mg (2.51%), Fiber: 0.58g (2.31%), Calcium: 19.04mg (1.9%), Vitamin A: 64.61IU (1.29%)