



## Plum Peach Chicken



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup fruit and vegetable juice drink mixed juicy juice harvest surprise® (such as )
- ☐ 1 pinch ground cinnamon to taste
- ☐ 1 pinch ground paprika to taste
- ☐ 3 servings salt and ground pepper black to taste
- ☐ 1 peaches pitted chopped
- ☐ 1 plum pitted chopped
- ☐ 3 plums pitted roughly chopped
- ☐ 1 pinch pepper flakes red crushed to taste

☐ 3 chicken breast halves boneless skinless

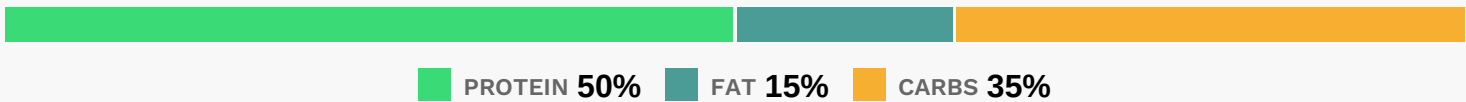
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9x9-inch baking dish with cooking spray.
- ☐ Place 3 plums and 1 peach into the work bowl of a food processor with the juice drink, red pepper flakes, paprika, and cinnamon; process until smooth.
- ☐ Sprinkle the chicken on both sides with salt and pepper; place into the prepared baking dish.
- ☐ Pour about 3/4 of the fruit sauce over the chicken. Set the remaining sauce aside.
- ☐ Bake the chicken in the preheated oven until the sauce has thickened and baked onto the meat, the chicken is no longer pink inside, and the juices run clear, about 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Place each chicken breast on a plate and spoon the reserved fruit sauce over the chicken.
- ☐ Place 1 chopped plum and 1 chopped peach into a bowl, and mix the fruit together; garnish each chicken breast with 1/3 of the chopped fruit.

## Nutrition Facts



## Properties

Glycemic Index:70.11, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:14.303043536518%

## Flavonoids

Cyanidin: 5.92mg, Cyanidin: 5.92mg, Cyanidin: 5.92mg, Cyanidin: 5.92mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg, Epicatechin 3-gallate: 0.67mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 200.41kcal (10.02%), Fat: 3.35g (5.15%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 15.46g (5.62%), Sugar: 14.92g (16.58%), Cholesterol: 72.32mg (24.11%), Sodium: 139mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.21%), Vitamin B3: 12.58mg (62.9%), Selenium: 37.25µg (53.21%), Vitamin B6: 0.89mg (44.5%), Phosphorus: 264.23mg (26.42%), Potassium: 641.16mg (18.32%), Vitamin B5: 1.82mg (18.18%), Vitamin C: 11.96mg (14.49%), Vitamin A: 527.75IU (10.56%), Magnesium: 40.89mg (10.22%), Vitamin B2: 0.16mg (9.17%), Fiber: 2.11g (8.43%), Vitamin B1: 0.11mg (7.57%), Vitamin K: 7.6µg (7.24%), Manganese: 0.13mg (6.7%), Copper: 0.12mg (6.21%), Zinc: 0.87mg (5.79%), Vitamin E: 0.84mg (5.57%), Iron: 0.79mg (4.39%), Vitamin B12: 0.23µg (3.77%), Folate: 11.97µg (2.99%), Calcium: 15.88mg (1.59%)