



## Pomegranate-Glazed Chicken with Blackberries

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pint blackberries
- 0.3 cup brown sugar packed
- 0.1 teaspoon pepper red crushed
- 1 teaspoon ginger fresh minced
- 1 garlic clove minced
- 1 tablespoon blackstrap molasses
- 1 cup pomegranate juice unsweetened

24 ounce chicken breasts boneless skinless

## Equipment

sauce pan

grill

## Directions

In a medium saucepan, simmer the first 6 ingredients (through crushed red pepper) until reduced by half and just syrupy (15–20 minutes). Reserve 2 tablespoons of sauce for brushing on chicken; cool the remaining sauce slightly, then gently toss with blackberries.

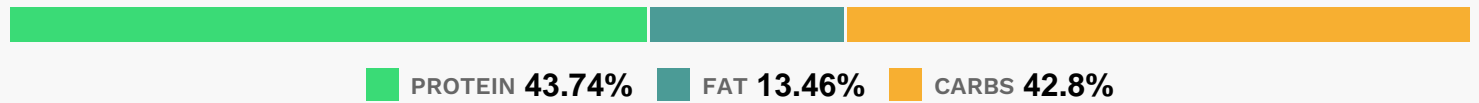
Preheat grill to medium–high.

Place chicken on grill, and cook 5 minutes per side.

Brush chicken with the reserved sauce; grill just until chicken is glazed.

Serve with blackberries.

## Nutrition Facts



## Properties

Glycemic Index:28.5, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:26.234782421071%

## Flavonoids

Cyanidin: 119.73mg, Cyanidin: 119.73mg, Cyanidin: 119.73mg, Cyanidin: 119.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

## Nutrients (% of daily need)

Calories: 346.84kcal (17.34%), Fat: 5.19g (7.98%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 30.74g (11.18%), Sugar: 30.71g (34.12%), Cholesterol: 108.86mg (36.29%), Sodium: 211.02mg (9.17%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.93g (75.86%), Vitamin B3: 18.73mg (93.64%), Selenium: 56.27µg (80.38%), Vitamin B6: 1.38mg (69.25%), Manganese: 0.95mg (47.44%), Phosphorus: 393.68mg (39.37%), Vitamin C: 27.2mg (32.98%), Potassium: 1051.8mg (30.05%), Vitamin B5: 2.99mg (29.92%), Vitamin K: 30.32µg (28.87%), Fiber: 6.38g (25.52%), Magnesium: 86.07mg (21.52%), Copper: 0.29mg (14.45%), Vitamin E: 1.97mg (13.13%), Folate: 51.55µg (12.89%), Vitamin B2: 0.21mg (12.46%), Zinc: 1.7mg (11.34%), Iron: 1.79mg (9.92%), Vitamin B1: 0.15mg (9.71%), Calcium: 72.96mg (7.3%), Vitamin A: 322.78IU (6.46%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)