



## Rotisserie Chicken with Peaches, Walnuts, and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup basil leaves
- 0.3 teaspoon cayenne
- 0.5 cup feta cheese crumbled
- 1 tablespoon peach jam
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 3 peaches yellow ripe peeled sliced

- 1 rotisserie chicken cut quartered
- 2 tablespoons sherry vinegar
- 0.3 cup glazed walnuts chopped

## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together oil, jam, cayenne, vinegar, and salt.
- Add peach slices and gently toss to coat with dressing.
- Arrange chicken on a large platter. Evenly spoon peaches and dressing over chicken.
- Sprinkle with basil, feta, and walnuts.
- \*Look for glazed walnuts in the nut or produce section of your supermarket.

## Nutrition Facts

**PROTEIN 36.41%** **FAT 50.39%** **CARBS 13.2%**

## Properties

Glycemic Index:61.06, Glycemic Load:6.09, Inflammation Score:-5, Nutrition Score:8.4704348108043%

## Flavonoids

Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg, Cyanidin: 2.36mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 499.05kcal (24.95%), Fat: 28.4g (43.7%), Saturated Fat: 7.19g (44.94%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 14.42g (5.24%), Sugar: 12.1g (13.45%), Cholesterol: 160.69mg (53.56%), Sodium: 1042.2mg

(45.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.18g (92.36%), Vitamin K: 20.67µg (19.69%), Manganese: 0.37mg (18.33%), Vitamin E: 1.98mg (13.21%), Vitamin A: 657.6IU (13.15%), Vitamin B2: 0.21mg (12.43%), Phosphorus: 116.83mg (11.68%), Copper: 0.23mg (11.4%), Calcium: 111.3mg (11.13%), Fiber: 2.31g (9.26%), Selenium: 5.65µg (8.08%), Vitamin B6: 0.16mg (7.78%), Vitamin C: 5.82mg (7.06%), Zinc: 1.06mg (7.05%), Magnesium: 26.73mg (6.68%), Vitamin B3: 1.21mg (6.07%), Potassium: 199.4mg (5.7%), Folate: 22.64µg (5.66%), Vitamin B1: 0.08mg (5.54%), Vitamin B12: 0.32µg (5.28%), Iron: 0.92mg (5.12%), Vitamin B5: 0.4mg (4.02%)