



Savory Peach Chicken

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

READY IN



35 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds sliced
- 2 tablespoons brown sugar
- 1 tablespoon canola oil
- 2 cloves garlic minced
- 1 teaspoon ginger freshly grated
- 0.5 cup chicken broth low-sodium
- 2 tablespoons soya sauce low-sodium
- 0.3 cup orange juice

- 4 large firm-ripe peaches frozen cut into 1/4-inch slices, or 2 (10-ounce) packages peaches, (4 1/2 cups)
- 0.3 teaspoon pepper
- 2 tablespoons rice vinegar
- 0.5 teaspoon salt
- 4 chicken breasts boneless skinless

Equipment

- bowl
- frying pan

Directions

- Heat the oil in a large skillet over a medium-high heat. Season the chicken on both sides with salt and pepper, add to the skillet and cook until browned, about 2 minutes per side. Meanwhile combine the brown sugar, soy sauce, rice vinegar and orange juice in a small bowl and set aside. When the chicken is browned, transfer to a plate and set aside.
- Add the ginger and garlic to the pan and cook, stirring, for 30 seconds.
- Add the chicken broth, the soy sauce mixture, and the peaches to the pan. Turn the heat up to high and cook, uncovered, for about 6 minutes, stirring occasionally until the sauce is nicely thickened and the peaches soften.
- Add the chicken back to the pan with the sauce, turn the heat down to moderate-low, cover and cook for about 5 minutes, or until chicken is cooked through.
- In the meantime, toast the almonds in a dry skillet over a medium-high heat stirring frequently, until golden brown and fragrant, about 2 minutes.
- Serve the chicken topped with the sauce and sprinkled with the toasted almonds.

Nutrition Facts



PROTEIN 36.32% **FAT 27.95%** **CARBS 35.73%**

Properties

Glycemic Index:57.31, Glycemic Load:7.09, Inflammation Score:-7, Nutrition Score:18.675652151522%

Flavonoids

Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg, Cyanidin: 3.48mg Catechin: 8.67mg, Catechin: 8.67mg, Catechin: 8.67mg, Catechin: 8.67mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 305.65kcal (15.28%), Fat: 9.64g (14.83%), Saturated Fat: 1.18g (7.41%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 24.31g (8.84%), Sugar: 22.13g (24.59%), Cholesterol: 72.32mg (24.11%), Sodium: 743.76mg (32.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.38%), Vitamin B3: 13.96mg (69.79%), Selenium: 40.43µg (57.76%), Vitamin B6: 0.94mg (47.06%), Phosphorus: 327.84mg (32.78%), Vitamin E: 3.43mg (22.85%), Potassium: 770.73mg (22.02%), Vitamin C: 16.77mg (20.33%), Vitamin B5: 1.98mg (19.76%), Magnesium: 65.83mg (16.46%), Manganese: 0.33mg (16.26%), Vitamin B2: 0.26mg (15.23%), Fiber: 3.41g (13.64%), Copper: 0.26mg (12.75%), Vitamin A: 636.27IU (12.73%), Vitamin B1: 0.14mg (9.67%), Zinc: 1.34mg (8.92%), Iron: 1.49mg (8.26%), Vitamin K: 8.22µg (7.83%), Folate: 25.57µg (6.39%), Vitamin B12: 0.26µg (4.26%), Calcium: 40.37mg (4.04%)