



BBQ Spiced Chicken, Salsa Salad and Pumpkin-Chipotle Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 15 ounce pumpkin puree canned
- 2 cups chicken stock see
- 2 tablespoons chili powder
- 1 chipotles in adobo finely chopped
- 1 handful cilantro leaves fresh chopped
- 1 tablespoon cilantro leaves

- 3 tablespoons t brown sugar dark
- 1 tablespoon steak seasoning
- 0.5 tablespoon ground cumin
- 2 tablespoons honey
- 2 lime
- 1 cup milk
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.3 pineapple fresh cut into spears and grilled
- 4 plum tomatoes chopped
- 0.8 cup polenta quick
- 1 onion red chopped
- 4 servings pepper black freshly ground
- 4 chicken breast boneless skinless
- 1 bell pepper yellow seeded chopped

Equipment

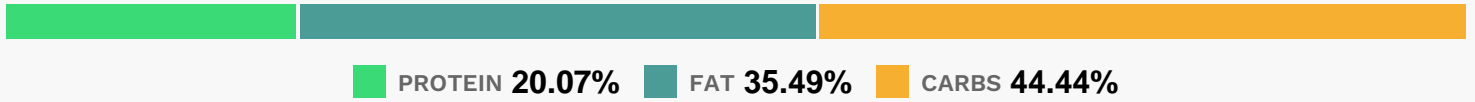
- whisk
- pot
- grill
- grill pan

Directions

- Heat grill pan over medium-high heat.
- Mix spices and sugar in a large plastic food storage bag. Coat chicken with 1 tablespoon extra-virgin olive oil and add to bag. Coat the chicken evenly in the spices and sugar.
- Let the chicken hang out a few minutes.
- Chop and combine the tomatoes, bell pepper, onions and grilled pineapple spears.
- Place chicken on grill and cook 6 to 7 minutes on each side.

- Dress the salad with lime and a couple tablespoons extra-virgin olive oil. Season the salad with cilantro, salt and pepper.
- Heat the stock and milk or half-and-half in a sauce pot with chipotle and adobo sauce.
- Whisk in the polenta and thicken 2–3 minutes, stir in pumpkin to warm through. Stir in butter and honey and season with salt and pepper.
- Serve polenta with chicken and salsa salad.

Nutrition Facts



Properties

Glycemic Index:99.23, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:38.743912634642%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg, Quercetin: 7.05mg

Nutrients (% of daily need)

Calories: 684.13kcal (34.21%), Fat: 27.82g (42.8%), Saturated Fat: 8.09g (50.54%), Carbohydrates: 78.39g (26.13%), Net Carbohydrates: 69.59g (25.31%), Sugar: 35.41g (39.35%), Cholesterol: 98.29mg (32.76%), Sodium: 453.43mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.79%), Vitamin A: 18843.06IU (376.86%), Vitamin C: 108.52mg (131.54%), Vitamin B3: 16.08mg (80.38%), Vitamin B6: 1.38mg (68.95%), Selenium: 47.07µg (67.25%), Manganese: 1.07mg (53.53%), Vitamin K: 48.17µg (45.87%), Phosphorus: 451.43mg (45.14%), Potassium: 1365.99mg (39.03%), Vitamin E: 5.6mg (37.36%), Fiber: 8.81g (35.22%), Vitamin B5: 2.81mg (28.1%), Iron: 5.02mg (27.9%), Vitamin B2: 0.47mg (27.66%), Magnesium: 108.5mg (27.13%), Copper: 0.46mg (23.1%), Vitamin B1: 0.33mg (22%), Calcium: 187.97mg (18.8%), Folate: 63.67µg (15.92%), Zinc: 1.96mg (13.08%), Vitamin B12: 0.57µg (9.46%), Vitamin D: 0.78µg (5.23%)