



Broiled Chicken on Island Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup jicama peeled coarsely chopped
- ☐ 1.8 cups mangos diced peeled (1 large)
- ☐ 0.5 cup mango chutney chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 8 cups gourmet salad greens

- ☐ 0.8 teaspoon salt divided
- ☐ 16 ounce chicken breast halves boneless skinless

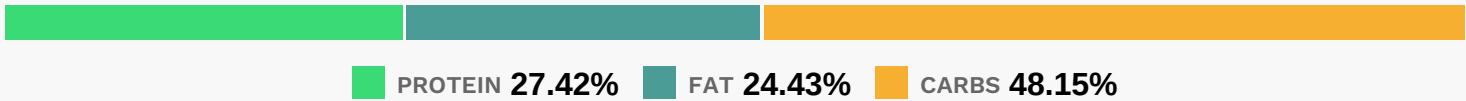
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine chutney, vinegar, oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Brush 1/4 cup chutney mixture evenly over chicken; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place chicken on a broiler pan that has been coated with cooking spray. Broil 6 minutes on each side or until done.
- ☐ Combine the remaining chutney mixture, greens, mango, and jicama; divide salad evenly among plates.
- ☐ Cut chicken into 1/2-inch-thick slices, and arrange over salad.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:21.09, Inflammation Score:-9, Nutrition Score:21.145217729651%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 10.34g (15.91%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 42.53g (15.47%), Sugar: 31.1g (34.55%), Cholesterol: 72.57mg (24.19%), Sodium: 605.86mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.25%), Vitamin C: 56.85mg (68.91%), Vitamin B3: 12.85mg (64.23%), Selenium: 38.15µg (54.5%), Vitamin B6: 1.02mg (51.2%), Vitamin A: 1800.24IU (36%), Phosphorus: 295.63mg (29.56%), Potassium: 776.1mg (22.17%), Vitamin B5: 1.92mg (19.17%), Folate: 74.44µg (18.61%), Vitamin E: 2.1mg (14.02%), Manganese: 0.28mg (13.83%), Fiber: 3.34g (13.35%), Vitamin B2: 0.22mg (13.23%), Magnesium: 52.61mg (13.15%), Copper: 0.22mg (10.9%), Vitamin K: 11.28µg (10.75%), Iron: 1.61mg (8.93%), Vitamin B1: 0.13mg (8.74%), Zinc: 0.98mg (6.55%), Calcium: 39.98mg (4%), Vitamin B12: 0.23µg (3.78%)