



## Calypso Chicken with Sautéed Plantains and Down-Island Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 3 cups rice long-grain hot cooked
- 1 teaspoon thyme leaves fresh minced
- 2 garlic cloves minced
- 0.5 cup bell pepper green minced
- 2 tablespoons juice of lime fresh
- 2.5 cups onion chopped

- 0.5 teaspoon pepper
- 6 servings sautéed plantains
- 6 servings down-island salsa
- 0.8 teaspoon salt divided
- 1 serrano chile
- 24 ounce skinned
- 2 teaspoons vegetable oil
- 0.5 cup water

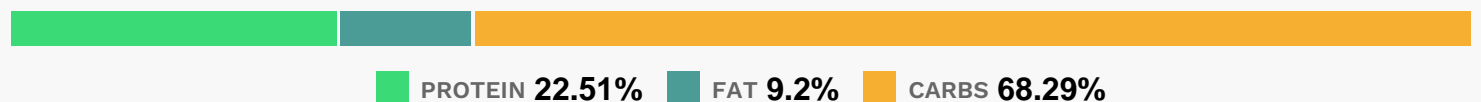
## Equipment

- bowl
- frying pan

## Directions

- Combine first 6 ingredients in a bowl; toss to coat. Cover and refrigerate 1 hour, turning occasionally.
- Remove chicken from marinade, reserving marinade; sprinkle chicken with 1/2 teaspoon salt and pepper.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add chicken; saut 1 minute per side or until browned.
- Add reserved marinade, remaining 1/4 teaspoon salt, tomatoes, water, and serrano chile; bring to a boil. Cover, reduce heat, and simmer 1 hour. Discard chile. Top each chicken breast with tomato mixture; serve with Down-Island Salsa,
- Sauted Plantains, and rice.
- Garnish with thyme sprigs and lime wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:26.86, Inflammation Score:-10, Nutrition Score:32.763478133989%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg

## Nutrients (% of daily need)

Calories: 527.78kcal (26.39%), Fat: 5.65g (8.69%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 94.32g (31.44%), Net Carbohydrates: 87.57g (31.84%), Sugar: 38.86g (43.17%), Cholesterol: 72.57mg (24.19%), Sodium: 734.99mg (31.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.18%), Vitamin B6: 1.64mg (82.19%), Vitamin B3: 14.72mg (73.58%), Vitamin C: 58.92mg (71.42%), Selenium: 46.09µg (65.84%), Vitamin K: 61.14µg (58.22%), Potassium: 1738.53mg (49.67%), Vitamin A: 2433.6IU (48.67%), Manganese: 0.96mg (47.88%), Phosphorus: 386.61mg (38.66%), Magnesium: 131.71mg (32.93%), Vitamin B5: 2.83mg (28.28%), Fiber: 6.75g (26.99%), Copper: 0.41mg (20.55%), Vitamin B1: 0.3mg (20.25%), Vitamin B2: 0.33mg (19.5%), Folate: 71.32µg (17.83%), Iron: 2.88mg (15.98%), Zinc: 1.79mg (11.95%), Vitamin E: 1.7mg (11.31%), Calcium: 73.25mg (7.32%), Vitamin B12: 0.23µg (3.78%)