



Caribbean Chicken and Pineapple Salsa

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups all-bran cereal
- ☐ 0.5 cup buttermilk
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons walkerswood jamaican jerk seasoning dry ()
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup apricots chopped
- ☐ 0.5 teaspoon hot sauce red

- ☐ 8 oz pineapple rings crushed undrained canned
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 teaspoon sugar

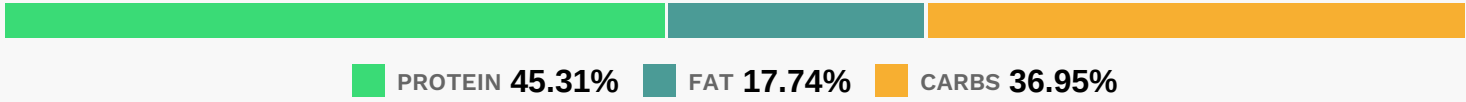
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 400F. Spray cookie sheet with cooking spray.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or crush in food processor).
- ☐ Place cereal in shallow dish. Stir in jerk seasoning.
- ☐ In large food-storage plastic bag, place chicken, buttermilk, mustard and pepper sauce. Seal bag; shake well.
- ☐ Remove chicken from bag; coat with cereal mixture.
- ☐ Place on cookie sheet.
- ☐ Bake 14 to 16 minutes or until juice of chicken is clear when center of thickest part is cut (170F). Meanwhile, in small bowl, mix salsa ingredients. Cover; refrigerate until serving.
- ☐ Serve chicken with salsa.

Nutrition Facts



Properties

Glycemic Index:70.86, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:38.098695931227%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 280.01kcal (14%), Fat: 5.98g (9.2%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 20.76g (7.55%), Sugar: 15.02g (16.69%), Cholesterol: 94.02mg (31.34%), Sodium: 304.13mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Vitamin B6: 3.5mg (174.83%), Vitamin B3: 18.12mg (90.61%), Manganese: 1.5mg (75.22%), Selenium: 49.6µg (70.85%), Vitamin B12: 4.06µg (67.73%), Folate: 269.77µg (67.44%), Phosphorus: 560.5mg (56.05%), Vitamin B2: 0.75mg (44.36%), Vitamin B1: 0.62mg (41.21%), Magnesium: 123.4mg (30.85%), Vitamin C: 24.7mg (29.93%), Fiber: 7.27g (29.07%), Potassium: 903.44mg (25.81%), Vitamin A: 1242.92IU (24.86%), Iron: 4.4mg (24.44%), Vitamin B5: 2.41mg (24.11%), Zinc: 3.5mg (23.33%), Copper: 0.33mg (16.48%), Calcium: 133.01mg (13.3%), Vitamin D: 1.36µg (9.1%), Vitamin E: 1.16mg (7.74%), Vitamin K: 3.97µg (3.78%)