



Caribbean Grilled Chicken Breast with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon bell pepper red crushed mccormick®
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper black mccormick®
- ☐ 0.1 teaspoon kosher salt
- ☐ 6 servings kosher salt and ground pepper black mccormick®
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil

- ☐ 1 cup pineapple fresh chopped
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup onion red chopped
- ☐ 2 onions red cut into 3/ slices do not separate into rings
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 1 package spicy caribbean marinade mccormick® grill mates®
- ☐ 0.3 cup water

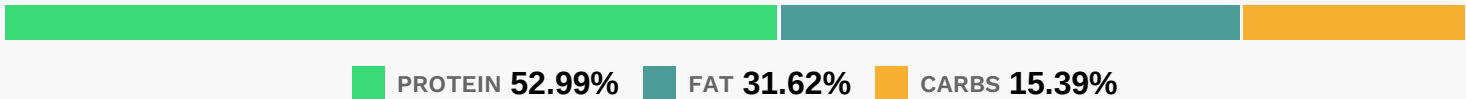
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine marinade mix with water, oil and vinegar in glass dish or large self-closing plastic bag.
- ☐ Add chicken, turning to coat all sides. Marinate in refrigerator 30 minutes, or longer for extra flavor.
- ☐ Preheat grill or grill pan to medium. Cook chicken 4-5 minutes per side or until done, basting with remaining marinade halfway through cooking, if desired. Discard any leftover marinade.
- ☐ Rub or brush red onion slices with olive oil; season with salt and pepper. Grill over medium heat 3-4 minutes per side.
- ☐ In a medium bowl, combine salsa ingredients.
- ☐ Serve chicken atop grilled red onion slices; top with salsa.

Nutrition Facts



Properties

Glycemic Index:49.94, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:18.01565220045%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 252.56kcal (12.63%), Fat: 8.7g (13.39%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.63g (6.26%), Cholesterol: 96.77mg (32.26%), Sodium: 229.77mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.65%), Vitamin B3: 16.01mg (80.04%), Selenium: 48.69µg (69.55%), Vitamin B6: 1.23mg (61.6%), Phosphorus: 334.83mg (33.48%), Vitamin C: 20.94mg (25.38%), Vitamin B5: 2.28mg (22.83%), Manganese: 0.41mg (20.35%), Potassium: 678.7mg (19.39%), Magnesium: 49.29mg (12.32%), Vitamin B2: 0.18mg (10.39%), Vitamin B1: 0.15mg (9.74%), Vitamin E: 1.06mg (7.04%), Zinc: 1.01mg (6.73%), Folate: 21.69µg (5.42%), Copper: 0.1mg (5.1%), Fiber: 1.26g (5.05%), Vitamin B12: 0.3µg (5.04%), Iron: 0.85mg (4.72%), Vitamin K: 4.38µg (4.17%), Vitamin A: 125.94IU (2.52%), Calcium: 24.89mg (2.49%), Vitamin D: 0.15µg (1.01%)