



Caribbean-Style Chicken with Tropical Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon jamaican jerk seasoning divided (such as Spice Islands)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 lime wedges
- ☐ 1 cup papaya diced peeled
- ☐ 2 tablespoons onion red finely chopped
- ☐ 16 ounce chicken breast halves boneless skinless

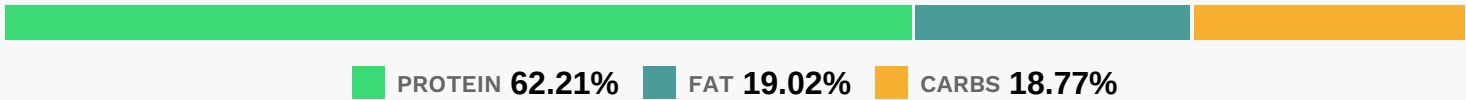
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare salsa, combine the 4 ingredients in a bowl.
- ☐ To prepare chicken, sprinkle breast halves evenly with Jamaican jerk seasoning. Coat each half with cooking spray.
- ☐ Place on grill rack; grill 4 1/2 minutes on each side or until chicken is done.
- ☐ Cut each breast into 1/2-inch-thick slices.
- ☐ Serve with salsa and a lime wedge; garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:15.197391240493%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 158.35kcal (7.92%), Fat: 3.36g (5.17%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.46g (3.85%), Cholesterol: 72.57mg (24.19%), Sodium: 167.87mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin B3: 12.23mg (61.17%), Selenium: 37.01µg (52.87%), Vitamin B6: 0.92mg (46%), Vitamin C: 29.48mg (35.73%), Phosphorus: 252.95mg (25.29%), Vitamin A: 983.99IU (19.68%), Vitamin B5: 1.75mg (17.51%), Potassium: 553.36mg (15.81%), Magnesium: 41.75mg (10.44%), Vitamin B2: 0.15mg (8.68%), Fiber: 1.9g (7.6%), Vitamin E: 1.14mg (7.58%), Vitamin B1: 0.09mg (6.29%), Iron: 0.98mg (5.44%), Zinc: 0.8mg (5.36%), Folate: 20.93µg (5.23%), Copper: 0.08mg (4.07%), Vitamin K: 4.02µg (3.83%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.07mg (3.72%), Calcium: 27.02mg (2.7%)