



Chicken Breast with Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbsp cilantro leaves fresh chopped for garnish
- ☐ 2 tsp garlic minced
- ☐ 1 juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 servings salsa for serving (see recipe)
- ☐ 2 servings salt and pepper black freshly ground to taste
- ☐ 8 oz chicken breast halves boneless skinless

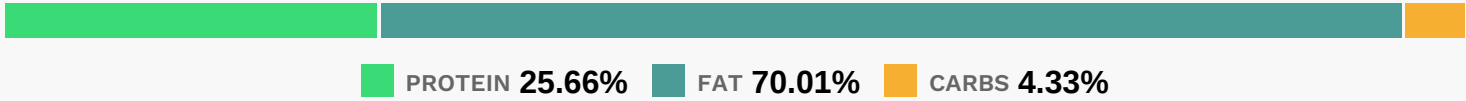
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place chicken in a bowl and toss well with the lemon juice, olive oil, garlic, salt and pepper. Cover and refrigerate for 15 minutes, turning once.
- ☐ Remove the chicken from the marinade, then grill or broil 4 inches from the heat source, basting with marinade until slightly golden and cooked through, 3 or 4 minutes a side.
- ☐ Let chicken rest for 3 minutes.
- ☐ Slice each breast into 1/2-inch slices on the diagonal and reform on two dinner plates; top with the salsa.
- ☐ Sprinkle with the tablespoon of cilantro.
- ☐ Serve immediately.
- ☐ Toss 1 diced avocado in a bowl with 1 tablespoon lime juice. Fold in 1 diced tomato and 2 tablespoons chopped cilantro. Season to taste.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:14.551739112191%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 385kcal (19.25%), Fat: 30.05g (46.23%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.48g (1.27%), Sugar: 1.63g (1.81%), Cholesterol: 72.57mg (24.19%), Sodium: 342.74mg (14.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin B3: 12.22mg (61.11%), Selenium:

36.99µg (52.85%), Vitamin B6: 0.95mg (47.39%), Vitamin E: 4.52mg (30.16%), Phosphorus: 254.11mg (25.41%),
Vitamin K: 18.66µg (17.77%), Vitamin B5: 1.72mg (17.19%), Potassium: 531.45mg (15.18%), Vitamin C: 8.7mg (10.55%),
Magnesium: 36.11mg (9.03%), Vitamin B2: 0.13mg (7.62%), Vitamin B1: 0.09mg (6.21%), Manganese: 0.12mg (5.77%),
Zinc: 0.76mg (5.09%), Iron: 0.78mg (4.32%), Vitamin A: 202.81IU (4.06%), Vitamin B12: 0.23µg (3.78%), Copper:
0.06mg (3.2%), Fiber: 0.71g (2.84%), Folate: 9.04µg (2.26%), Calcium: 21.44mg (2.14%)