



WHATSheATE



Chicken Breasts with Avocado, Tomato, and Cucumber Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado peeled chopped
- ☐ 0.3 teaspoon chipotle sauce
- ☐ 1.3 cups cucumber peeled seeded coarsely chopped (1 large)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.5 cup onion red
- ☐ 0.8 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless

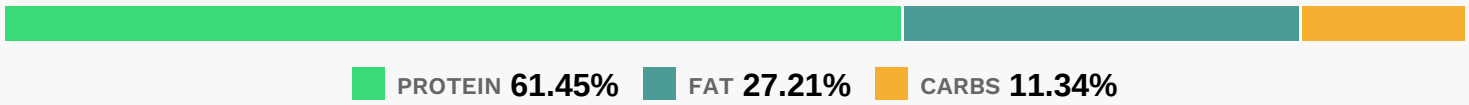
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle 1/2 teaspoon salt and 1/4 teaspoon chipotle chile powder evenly over chicken; add chicken to pan. Cook for 6 minutes on each side or until done, and remove from heat.
- ☐ Combine remaining 1/4 teaspoon salt, cucumber, tomatoes, onion, and remaining ingredients in a medium bowl, tossing well.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:20.976086766823%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 247.55kcal (12.38%), Fat: 7.36g (11.32%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.93g (3.25%), Cholesterol: 108.86mg (36.29%), Sodium: 638.76mg (27.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.38g (74.76%), Vitamin B3: 18.38mg (91.92%), Selenium: 54.67µg (78.1%), Vitamin B6: 1.41mg (70.75%), Phosphorus: 392.48mg (39.25%), Vitamin B5: 2.86mg (28.63%), Potassium: 912.89mg (26.08%), Vitamin C: 18.28mg (22.16%), Magnesium: 61.94mg (15.48%), Vitamin B2: 0.22mg (13.01%), Vitamin K: 11.61µg (11.05%), Vitamin B1: 0.16mg (10.71%), Fiber: 2.56g (10.22%), Folate: 39.02µg (9.75%), Vitamin A: 474IU (9.48%), Zinc: 1.29mg (8.58%), Manganese: 0.16mg (7.87%), Copper: 0.15mg (7.26%), Vitamin E: 1.08mg (7.17%), Vitamin B12: 0.34µg (5.67%), Iron: 0.99mg (5.5%), Calcium: 26.77mg (2.68%), Vitamin D: 0.17µg (1.13%)