



WHATSheATE



Chicken Breasts with Cornmeal-Coriander Crust and Black Bean-Mango Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chili oil
- ☐ 0.8 cup corn kernels fresh white
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ground coriander
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 cups pieces mangoes pitted peeled

- ☐ 0.8 cup onion red finely chopped
- ☐ 40 ounce chicken breasts boneless skinless fat trimmed
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup cornmeal yellow

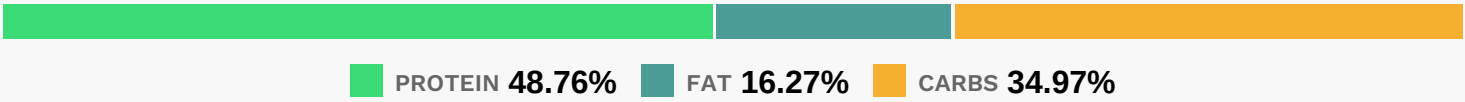
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place first 8 ingredients in large bowl. Toss to combine. Season salsa with salt and pepper. Cover; let stand 1 hour.
- ☐ Preheat oven to 250°F.
- ☐ Mix cornmeal and coriander in shallow bowl.
- ☐ Sprinkle chicken with salt and pepper. Generously spray large nonstick skillet with nonstick spray.
- ☐ Place skillet over medium-high heat. Coat 1 side of each chicken breast with cornmeal mixture.
- ☐ Place 4 chicken breasts, cornmeal side down, in skillet; cook until golden on bottom, about 5 minutes. Reduce heat to medium-low. Turn chicken over. Cook chicken until cooked through, about 5 minutes longer.
- ☐ Transfer chicken to baking sheet. Keep warm in oven. Wipe out skillet, then spray with more nonstick spray. Repeat with remaining 4 chicken breasts.
- ☐ Cut chicken breasts diagonally into 1/2-inch-thick slices.
- ☐ Transfer to plates. Spoon salsa atop chicken and serve.
- ☐ Per serving: calories, 296; total fat, 6 g; saturated fat, 1 g; cholesterol, 96 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:6.4, Inflammation Score:-7, Nutrition Score:21.236521697563%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 287.69kcal (14.38%), Fat: 5.19g (7.99%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 19.33g (7.03%), Sugar: 7.84g (8.72%), Cholesterol: 90.72mg (30.24%), Sodium: 372.67mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.04%), Vitamin B3: 15.84mg (79.22%), Selenium: 47.03µg (67.19%), Vitamin B6: 1.21mg (60.67%), Phosphorus: 396.03mg (39.6%), Vitamin C: 22.27mg (27%), Potassium: 857.15mg (24.49%), Vitamin B5: 2.37mg (23.67%), Fiber: 5.79g (23.16%), Magnesium: 75.97mg (18.99%), Folate: 67.83µg (16.96%), Vitamin B1: 0.23mg (15.21%), Vitamin B2: 0.24mg (14.31%), Manganese: 0.27mg (13.61%), Vitamin A: 586.99IU (11.74%), Iron: 2.03mg (11.27%), Copper: 0.23mg (11.26%), Zinc: 1.48mg (9.86%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.79mg (5.25%), Vitamin B12: 0.28µg (4.72%), Calcium: 40.25mg (4.02%)