



Chicken Paillards with Clementine Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery diced finely
- ☐ 1 cup cherry tomatoes quartered
- ☐ 20 ounce chicken breast halves
- ☐ 0.5 cup clementine juice fresh (from 6 clementines)
- ☐ 1 cup 3 large clementines diced peeled
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced red finely
- ☐ 1 serrano chiles minced seeded

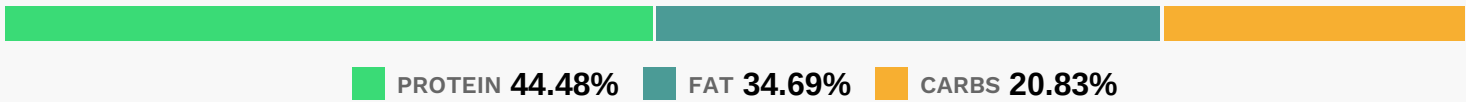
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ plastic wrap

Directions

- ☐ Place chicken breast halves between2 sheets plastic wrap or parchment paper,spacing apart. Using mallet, poundchicken to 1/4-inch thickness. DO AHEAD: Canbe made 1 day ahead. Cover and chill.
- ☐ Mix clementines and next 8 ingredientsin medium bowl. Season with salt andpepper. DO AHEAD: Salsa can be made 2 hoursahead. Cover; let stand at room temperature.
- ☐ Uncover chicken; sprinkle with salt andpepper.
- ☐ Heat olive oil in large nonstickskillet over medium-high heat.
- ☐ Add chickenand cook until slightly browned and cookedthrough, about 3 minutes per side.
- ☐ Transferchicken to platter.
- ☐ Add clementine juice toskillet; boil until reduced to 1/4 cup, stirringoften, about 2 minutes.
- ☐ Drizzle sauce overchicken. Spoon salsa over and serve.
- ☐ Per serving: 409.3 kcal calories,
- ☐ 9 % calories from fat 23.1 g fat, 4.5 saturated fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:4.75, Inflammation Score:-7, Nutrition Score:20.876086460507%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg, Hesperetin: 5.96mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 283.95kcal (14.2%), Fat: 10.93g (16.82%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 12.77g (4.64%), Sugar: 10.63g (11.81%), Cholesterol: 90.72mg (30.24%), Sodium: 181.28mg (7.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.07%), Vitamin B3: 15.51mg (77.56%), Selenium: 45.81µg (65.45%), Vitamin C: 53.47mg (64.81%), Vitamin B6: 1.2mg (59.8%), Phosphorus: 336.64mg (33.66%), Potassium: 850.4mg (24.3%), Vitamin B5: 2.27mg (22.73%), Vitamin K: 18.87µg (17.97%), Magnesium: 54.13mg (13.53%), Vitamin B1: 0.19mg (12.55%), Vitamin E: 1.75mg (11.64%), Vitamin B2: 0.19mg (11.27%), Vitamin A: 524.29IU (10.49%), Folate: 37.33µg (9.33%), Fiber: 2.01g (8.03%), Manganese: 0.15mg (7.49%), Zinc: 1mg (6.64%), Iron: 1.11mg (6.19%), Copper: 0.12mg (6.18%), Calcium: 48.75mg (4.87%), Vitamin B12: 0.28µg (4.72%)