



Chicken with Cranberry Mojo



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 skinned and boned chicken breasts
- ☐ 4 servings cranberry mojo
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt

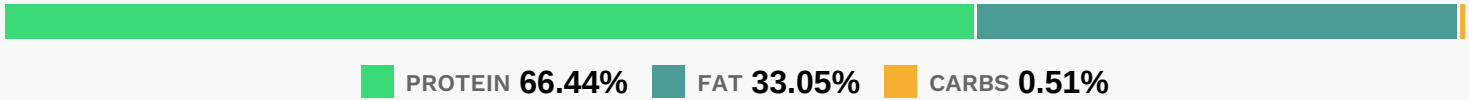
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 4 ingredients in a small bowl; set aside.
- ☐ Place chicken breasts between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4" thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with spice mixture. Cook chicken in hot oil in a large nonstick skillet over medium heat 2 to 3 minutes on each side or until done.
- ☐ Serve with Cranberry Mojo.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:25.656086833581%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 451.73kcal (22.59%), Fat: 15.94g (24.52%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.05g (0.06%), Cholesterol: 216.96mg (72.32%), Sodium: 975.72mg (42.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.11g (144.21%), Vitamin B3: 35.39mg (176.94%), Selenium: 108.58µg (155.11%), Vitamin B6: 2.54mg (127.11%), Phosphorus: 715.72mg (71.57%), Vitamin B5: 4.84mg (48.35%),

Potassium: 1269.06mg (36.26%), Magnesium: 91.08mg (22.77%), Vitamin B2: 0.34mg (20.1%), Vitamin B1: 0.22mg (14.73%), Zinc: 2.01mg (13.37%), Vitamin B12: 0.68µg (11.3%), Vitamin E: 1.68mg (11.22%), Iron: 1.69mg (9.36%), Vitamin C: 4.3mg (5.21%), Copper: 0.1mg (5.05%), Vitamin K: 5.17µg (4.93%), Manganese: 0.09mg (4.67%), Folate: 13.64µg (3.41%), Calcium: 24.44mg (2.44%), Vitamin D: 0.34µg (2.26%), Vitamin A: 109.33IU (2.19%)