



Chicken with Mango Salsa, Edamame, and Coconut Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 1.5 teaspoons brown sugar
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 0.3 cup mint leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 1 tablespoon spring onion chopped
- ☐ 1.5 teaspoons honey
- ☐ 1.5 tablespoons jalapeno seeded finely chopped
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 4 teaspoons juice of lime fresh
- ☐ 0.8 teaspoon lime zest grated
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 1 cup mangos ripe cubed peeled
- ☐ 0.3 cup onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup coconut sweetened toasted

Equipment

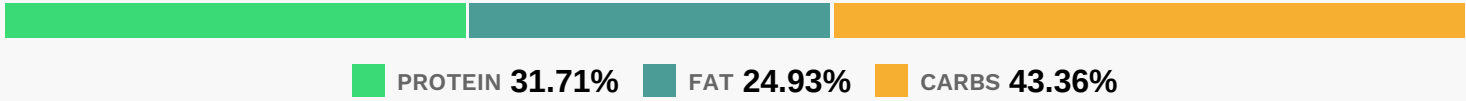
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ To prepare sauce, combine first 10 ingredients in a blender; process until well combined. Set aside.
- ☐ To prepare salsa, combine mango, red onion, mint, and jalapeo in a medium bowl, tossing to combine.
- ☐ To prepare coconut rice, combine rice, coconut, salt, and coconut milk in a medium saucepan; bring to a boil over medium-high heat, stirring once. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; cover and let stand 10 minutes. Fluff with a fork; keep warm.
- ☐ Cook edamame according to package directions, omitting salt and fat. Keep warm.

- ☐
- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐
- Add chicken; cook 3 minutes on each side or until browned.
- ☐
- Remove from heat, and cut chicken into 1/4–inch slices.
- ☐
- Combine chicken and sauce in pan; cook 3 minutes or until done.
- ☐
- Serve over rice; top with edamame and salsa.

Nutrition Facts



Properties

Glycemic Index:91.3, Glycemic Load:26.64, Inflammation Score:–7, Nutrition Score:25.274782673172%

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: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 579.31kcal (28.97%), Fat: 15.56g (23.94%), Saturated Fat: 9.1g (56.85%), Carbohydrates: 60.9g (20.3%), Net Carbohydrates: 56.89g (20.69%), Sugar: 13.12g (14.58%), Cholesterol: 108.86mg (36.29%), Sodium: 730.87mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.07%), Vitamin B3: 19.05mg (95.26%), Selenium: 62.8µg (89.71%), Vitamin B6: 1.47mg (73.39%), Phosphorus: 444.2mg (44.42%), Manganese: 0.71mg (35.65%), Vitamin C: 27.58mg (33.43%), Vitamin B5: 3.07mg (30.66%), Potassium: 1032.18mg (29.49%), Magnesium: 73.79mg (18.45%), Fiber: 4.01g (16.03%), Vitamin B2: 0.25mg (14.52%), Vitamin A: 702.12IU (14.04%), Iron: 2.5mg (13.9%), Copper: 0.24mg (11.91%), Zinc: 1.71mg (11.43%), Vitamin B1: 0.17mg (11.33%), Folate: 40.3µg (10.07%), Calcium: 74.27mg (7.43%), Vitamin E: 1.03mg (6.86%), Vitamin K: 6.86µg (6.54%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)