



Chicken with Peach and Melon Salsa



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 4 teaspoons jamaican jerk seasoning
- ☐ 1 tablespoon juice of lime
- ☐ 1 cup pre-cut melon medley diced
- ☐ 15 ounce peach halves drained and rinsed canned
- ☐ 1 tablespoon pimientos diced
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breasts boneless skinless

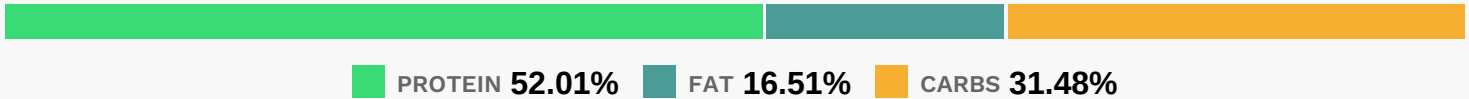
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Place peaches halves on grill pan and grill 2 to 3 minutes per side. Set aside to cool and then dice into small pieces.
- ☐ Season both sides of each chicken breast with 1 teaspoon Jamaican jerk seasoning.
- ☐ Place chicken breasts in pan and grill for 6 minutes per side, or until cooked through.
- ☐ Meanwhile, in a medium bowl, combine grilled peaches and remaining ingredients. Stir thoroughly.
- ☐ Serve chicken topped with peach and melon salsa.

Nutrition Facts



Properties

Glycemic Index:41.31, Glycemic Load:5.05, Inflammation Score:-9, Nutrition Score:18.448260825613%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 196.26kcal (9.81%), Fat: 3.63g (5.59%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 12.61g (4.59%), Sugar: 12.21g (13.57%), Cholesterol: 72.32mg (24.11%), Sodium: 478.84mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin B3: 13.26mg (66.32%), Vitamin A: 3082.01IU (61.64%), Selenium: 38.81µg (55.45%), Vitamin B6: 0.96mg (47.79%), Phosphorus: 283.07mg (28.31%), Vitamin C: 19.06mg (23.1%), Potassium: 700.15mg (20%), Vitamin B5: 1.93mg (19.32%), Vitamin E: 1.86mg (12.37%), Fiber: 2.99g (11.94%), Magnesium: 46.9mg (11.73%), Vitamin B2: 0.17mg (9.9%), Copper: 0.16mg (8.04%), Iron: 1.37mg (7.61%), Folate: 29.9µg (7.48%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.1mg (6.98%), Manganese: 0.12mg (6.06%), Vitamin K: 6.24µg (5.95%), Vitamin B12: 0.23µg (3.77%), Calcium: 27.47mg (2.75%)