



Chicken with Peach-Jalapeño Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 teaspoon thyme leaves dried
- 0.3 cup bread crumbs plain dry
- 0.3 cup flour all-purpose
- 1 medium jalapeño chile minced seeded
- 1 tablespoon juice of lime fresh
- 2 large peaches--peeled pitted cut into 1/3-inch dice
- 6 tablespoons vegetable oil; peanut oil preferred for frying

- 1 tablespoon salt
- 4 large chicken breast halves boneless skinless
- 2 teaspoons sugar
- 3 tablespoons cornmeal yellow

Equipment

- bowl
- frying pan

Directions

- In a bowl, combine the peaches, jalapeo, lime juice and sugar.
- In a large bowl, toss together the flour, bread crumbs, cornmeal, salt, thyme and cayenne.
- Put the chicken in a bowl of cool water.
- Remove the breast halves one at a time, let the excess water drip off and coat them thoroughly with the seasoned flour mixture.
- Heat 1/4 cup of the oil in a large heavy skillet.
- Add the chicken, skinned side down, and cook over moderately high heat until golden on the bottom, about 5 minutes. Turn the breasts and add the remaining 2 tablespoons oil. Cook, turning occasionally, until the chicken is browned and cooked through, about 11 minutes longer.
- Serve with the peach-jalapeo salsa.

Nutrition Facts



PROTEIN 35.58% **FAT 24.24%** **CARBS 40.18%**

Properties

Glycemic Index:79.46, Glycemic Load:13.49, Inflammation Score:-7, Nutrition Score:17.798260730246%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, 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, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 315.7kcal (15.79%), Fat: 8.45g (12.99%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 28.55g (10.38%), Sugar: 10.27g (11.41%), Cholesterol: 72.32mg (24.11%), Sodium: 1953.33mg (84.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.78%), Vitamin B3: 13.96mg (69.81%), Selenium: 44.3µg (63.29%), Vitamin B6: 0.95mg (47.42%), Phosphorus: 301.83mg (30.18%), Vitamin B1: 0.29mg (19.24%), Vitamin B5: 1.9mg (19%), Potassium: 595.81mg (17.02%), Manganese: 0.3mg (15.15%), Vitamin B2: 0.24mg (14.14%), Magnesium: 52.18mg (13.04%), Vitamin C: 10.44mg (12.65%), Iron: 2.21mg (12.25%), Fiber: 2.94g (11.77%), Vitamin E: 1.74mg (11.62%), Folate: 43.15µg (10.79%), Zinc: 1.32mg (8.83%), Vitamin A: 420.27IU (8.41%), Vitamin K: 8.58µg (8.17%), Copper: 0.16mg (8.08%), Vitamin B12: 0.26µg (4.29%), Calcium: 34.59mg (3.46%)