



Chicken with Watermelon-Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast boneless skinless
- 2 teaspoons steak seasoning
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 cups watermelon cubed seeded
- 1 cup mangos cubed
- 0.3 cup onion red finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 small jalapeno seeded finely chopped

- 1 tablespoon juice of lime fresh
- 0.5 teaspoon sugar
- 0.3 teaspoon salt

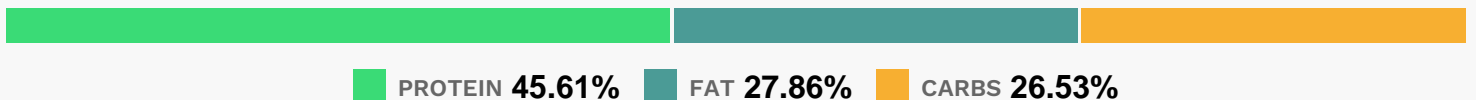
Equipment

- bowl
- grill

Directions

- Place chicken in shallow glass dish.
- Mix grill seasoning and oil; spoon over chicken. Cover; refrigerate 1 hour.
- Meanwhile, in medium bowl, mix all salsa ingredients. Cover; refrigerate to blend flavors.
- Heat gas or charcoal grill. Carefully brush oil on grill rack.
- Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Serve chicken with salsa.

Nutrition Facts



Properties

Glycemic Index:71.88, Glycemic Load:7.52, Inflammation Score:-7, Nutrition Score:16.294782804406%

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: 0.08mg, 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 218.3kcal (10.92%), Fat: 6.8g (10.46%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.2g (4.8%), Sugar: 11.53g (12.81%), Cholesterol: 72.32mg (24.11%), Sodium: 278.61mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin B3: 12.29mg (61.45%), Selenium: 36.86µg (52.65%), Vitamin B6: 0.97mg (48.56%), Vitamin C: 28.72mg (34.81%), Phosphorus: 257.58mg (25.76%), Vitamin A: 992.29IU (19.85%), Vitamin B5: 1.89mg (18.89%), Potassium: 608.14mg (17.38%), Vitamin K: 13.53µg (12.88%), Magnesium: 45.23mg (11.31%), Vitamin B2: 0.15mg (8.98%), Vitamin E: 1.28mg (8.54%), Manganese: 0.16mg (7.93%), Vitamin B1: 0.12mg (7.91%), Folate: 29.26µg (7.32%), Copper: 0.12mg (6.19%), Iron: 1.08mg (5.98%), Zinc: 0.83mg (5.51%), Fiber: 1.37g (5.46%), Vitamin B12: 0.23µg (3.77%), Calcium: 28.98mg (2.9%)