



Cilantro-Lime Chicken with Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled finely chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 cup plum tomatoes chopped (2)

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

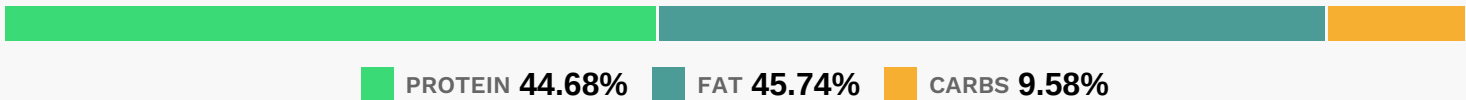
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare chicken, combine first 4 ingredients in a large bowl; toss and let stand 3 minutes.
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ To prepare salsa, combine tomato and next 4 ingredients (through pepper) in a medium bowl.
- ☐ Add avocado; stir gently to combine.
- ☐ Serve salsa over chicken.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:23.32260873525%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol:

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 17.18g (26.43%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.3g (2.56%), Cholesterol: 108.86mg (36.29%), Sodium: 349.78mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.51%), Vitamin B3: 18.99mg (94.96%), Selenium: 54.67µg (78.11%), Vitamin B6: 1.46mg (73.07%), Phosphorus: 400.84mg (40.08%), Vitamin B5: 3.2mg (31.97%), Potassium: 1036.4mg (29.61%), Vitamin C: 19.16mg (23.22%), Vitamin K: 19.54µg (18.61%), Fiber: 4.23g (16.92%), Magnesium: 66.92mg (16.73%), Vitamin E: 2.47mg (16.48%), Vitamin B2: 0.25mg (14.72%), Folate: 58.65µg (14.66%), Vitamin A: 636.96IU (12.74%), Vitamin B1: 0.17mg (11.33%), Zinc: 1.43mg (9.53%), Copper: 0.18mg (9.14%), Manganese: 0.18mg (9.1%), Iron: 1.13mg (6.26%), Vitamin B12: 0.34µg (5.67%), Calcium: 23.82mg (2.38%), Vitamin D: 0.17µg (1.13%)