



Citrus Chicken with Roasted Corn Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce skinned chicken breast halves
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 16 ounce regular corn frozen with peppers and onions, thawed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red divided
- ☐ 0.7 cup juice of lime fresh divided
- ☐ 0.3 teaspoon salt

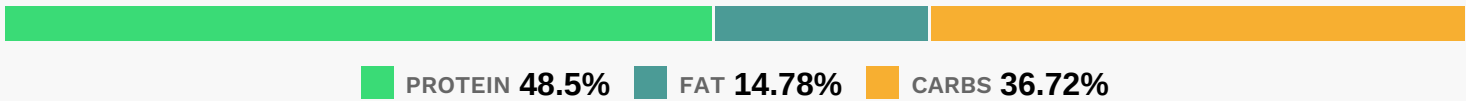
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Place chicken in a heavy-duty, zip-top plastic bag. Reserve 1 tablespoon lime juice; pour remaining juice over chicken. Seal bag, and shake until chicken is well coated. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Combine cumin, chili powder, salt, and 1/8 teaspoon red pepper in a small bowl.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Sprinkle chicken with cumin mixture.
- ☐ Coat rack of a broiler pan with cooking spray.
- ☐ Place chicken, skinned sides down, on rack; broil 8 inches from heat (with electric oven door partially opened) 25 minutes. Turn chicken, and broil 15 additional minutes or until done. Set chicken aside, and keep warm.
- ☐ Coat a large nonstick skillet with cooking spray.
- ☐ Place skillet over medium-high heat until hot.
- ☐ Add corn mixture and remaining 1/8 teaspoon red pepper; saute until corn is lightly browned and tender. Spoon corn evenly onto individual serving plates; top each serving with chicken.
- ☐ Drizzle evenly with reserved 1 tablespoon lime juice, and sprinkle with chopped cilantro.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:22.757391375044%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 317.21kcal (15.86%), Fat: 5.43g (8.36%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 26.87g (9.77%), Sugar: 0.72g (0.8%), Cholesterol: 108.86mg (36.29%), Sodium: 353.78mg (15.38%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 40.1g (80.2%), Vitamin B3: 19.76mg (98.79%), Selenium: 55.46µg (79.22%), Vitamin B6: 1.5mg (75.1%), Phosphorus: 463.97mg (46.4%), Potassium: 1022.87mg (29.22%), Vitamin B5: 2.81mg (28.09%), Vitamin C: 22.48mg (27.24%), Magnesium: 85.27mg (21.32%), Vitamin B2: 0.28mg (16.5%), Vitamin B1: 0.24mg (15.9%), Folate: 56.55µg (14.14%), Fiber: 3.49g (13.96%), Zinc: 1.84mg (12.27%), Manganese: 0.23mg (11.41%), Iron: 1.66mg (9.22%), Copper: 0.12mg (6.02%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 218.54IU (4.37%), Vitamin E: 0.56mg (3.72%), Calcium: 22.25mg (2.22%), Vitamin K: 1.58µg (1.51%), Vitamin D: 0.17µg (1.13%)