



Coriander Chicken with Mango Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



306 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 chicken breast half boneless skinless
- 2 tablespoons olive oil extra virgin
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon ground coriander seed
- 1 mangos peeled seeded chopped
- 1 cranberry-orange relish peeled chopped
- 1 chile pepper red seeded chopped

0.3 onion red chopped

0.5 teaspoon salt

Equipment

bowl

frying pan

Directions

Sprinkle chicken breast with salt and 1 teaspoon black pepper; set aside for 10 minutes. Evenly coat with ground coriander.

Heat the olive oil in a skillet over medium heat. Cook the chicken breast, browning well on both sides until no longer pink in the center.

Remove from heat, allow breast to cool before slicing.

In a bowl, mix together the mango, orange, onion, chile pepper, fresh cilantro and 1/2 teaspoon black pepper.

Pour salsa over sliced chicken breast and serve.

Nutrition Facts



PROTEIN 18% **FAT 46.3%** **CARBS 35.7%**

Properties

Glycemic Index:115.13, Glycemic Load:10.97, Inflammation Score:-9, Nutrition Score:18.825652132864%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 306.14kcal (15.31%), Fat: 16.51g (25.41%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 23.59g (8.58%), Sugar: 22.28g (24.75%), Cholesterol: 36.16mg (12.05%), Sodium: 652.05mg (28.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.89%), Vitamin C: 107.47mg (130.26%), Vitamin B6: 0.72mg (36.16%), Vitamin B3: 7.13mg (35.66%), Vitamin A: 1514.99IU (30.3%), Selenium: 19.92µg (28.45%), Vitamin E: 3.34mg (22.28%), Fiber: 5.06g (20.23%), Folate: 75.28µg (18.82%), Potassium: 640.32mg (18.29%), Phosphorus: 168.41mg (16.84%), Vitamin K: 17.55µg (16.71%), Manganese: 0.27mg (13.47%), Vitamin B5: 1.25mg (12.49%), Magnesium: 47.77mg (11.94%), Copper: 0.23mg (11.39%), Vitamin B1: 0.15mg (10.23%), Vitamin B2: 0.15mg (9.11%), Iron: 1.25mg (6.97%), Calcium: 68.35mg (6.84%), Zinc: 0.68mg (4.55%), Vitamin B12: 0.11µg (1.88%)