



Coriander Chicken with Tomato Corn Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.1 teaspoon pepper black
- 2 cups cherry tomatoes halved
- 0.3 teaspoon chili powder
- 7 ounce whole-kernel corn drained canned
- 2 tablespoons basil fresh thinly sliced
- 0.3 cup green onion tops sliced
- 0.1 teaspoon ground cinnamon

- 1.5 teaspoons ground coriander
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

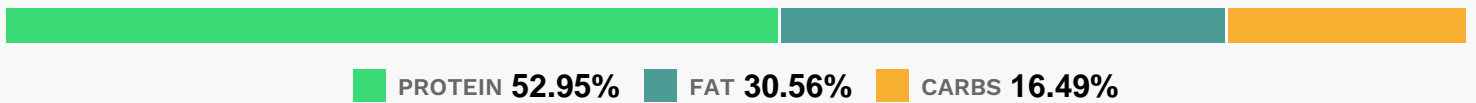
Equipment

- frying pan

Directions

- To prepare the chicken, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Combine coriander and the next 5 ingredients (coriander through 1/8 teaspoon black pepper); rub evenly over both sides of chicken.
- Add chicken to pan; cook 5 minutes on each side or until done.
- To prepare salad, combine tomatoes and remaining ingredients, tossing well. Slice chicken; serve over salad.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:22.204347729683%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 289.93kcal (14.5%), Fat: 9.82g (15.11%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 9.8g (3.56%), Sugar: 4.82g (5.36%), Cholesterol: 108.86mg (36.29%), Sodium: 748.04mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.28g (76.57%), Vitamin B3: 18.72mg (93.59%), Selenium: 55.38µg (79.12%), Vitamin B6: 1.36mg (68.03%), Phosphorus: 409.35mg (40.93%), Vitamin B5: 2.71mg (27.05%), Vitamin C: 21.36mg (25.89%), Potassium: 899.58mg (25.7%), Vitamin K: 22.49µg (21.42%), Magnesium: 63.48mg (15.87%), Vitamin B2: 0.24mg (14.16%), Vitamin A: 593.49IU (11.87%), Manganese: 0.23mg (11.59%), Vitamin B1: 0.16mg (10.77%), Vitamin E: 1.53mg (10.22%), Folate: 39.6µg (9.9%), Iron: 1.77mg (9.85%), Zinc: 1.34mg (8.94%), Fiber: 2.13g (8.5%), Copper: 0.14mg (7.02%), Vitamin B12: 0.34µg (5.67%), Calcium: 34.81mg (3.48%), Vitamin D: 0.17µg (1.13%)