



Cornmeal Chicken with Fresh Peach Salsa

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 3 cups peaches peeled chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1.3 lb chicken breast boneless skinless
- 1 cup tomatoes chopped
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar white

0.5 cup cornmeal yellow

Equipment

bowl

frying pan

Directions

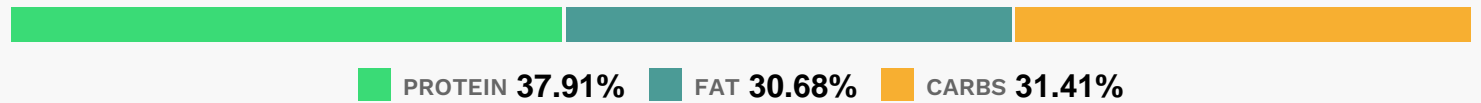
In large bowl, mix all salsa ingredients. Cover and refrigerate until serving.

In shallow dish, mix cornmeal, 1/2 teaspoon salt and the pepper. Coat chicken with cornmeal mixture.

In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 15 to 20 minutes, turning once, until juice is clear when center of thickest part is cut (170°F).

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:65.19, Glycemic Load:13.04, Inflammation Score:-7, Nutrition Score:20.986956557502%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 355.22kcal (17.76%), Fat: 12.04g (18.52%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.62g (8.59%), Sugar: 10.99g (12.21%), Cholesterol: 90.72mg (30.24%), Sodium: 473.43mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.93%), Vitamin B3: 16.44mg (82.2%), Selenium: 49.03µg (70.05%), Vitamin B6: 1.24mg (61.97%), Phosphorus: 377.74mg (37.77%), Potassium: 824.75mg

(23.56%), Vitamin B5: 2.36mg (23.55%), Vitamin K: 22.54µg (21.47%), Magnesium: 72.02mg (18%), Fiber: 4.11g (16.43%), Vitamin A: 797.51IU (15.95%), Manganese: 0.29mg (14.35%), Vitamin C: 11.81mg (14.31%), Vitamin E: 1.97mg (13.13%), Vitamin B1: 0.19mg (12.84%), Vitamin B2: 0.2mg (12.06%), Zinc: 1.78mg (11.84%), Copper: 0.2mg (10.15%), Iron: 1.65mg (9.16%), Folate: 25.59µg (6.4%), Vitamin B12: 0.28µg (4.72%), Calcium: 18.51mg (1.85%)