



Cuban Mojo Chicken With Mandarin-Black Bean Salad

 Dairy Free or type unknown

READY IN

ready or type unknown

25 min.

SERVINGS

servings or type unknown

4

CALORIES

calories or type unknown

58 kcal

SIDE DISH

Ingredients

- ☐ 4 servings mandarin-black bean salad
- ☐ 5 ounce chicken breasts skinless boneless
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 sprigs garnishes: mint lime wedges fresh
- ☐ 0.3 cup orange juice fresh

- ☐ 0.5 teaspoon oregano dried crushed
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt

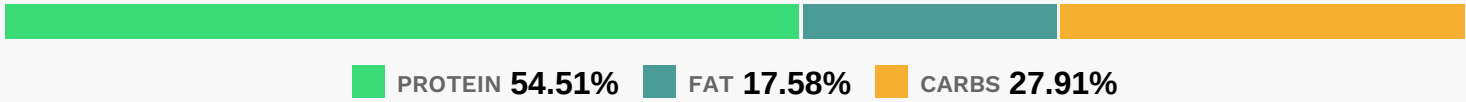
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 7 ingredients in a zip-top freezer bag or shallow dish; add chicken. Cover or seal, and let stand 20 minutes.
- ☐ Remove chicken from marinade, reserving marinade. Pat chicken dry with paper towels.
- ☐ Coat a large nonstick skillet with cooking spray; heat skillet over medium-high heat.
- ☐ Add chicken, and cook 4 to 5 minutes on each side or until done.
- ☐ Remove chicken from skillet, and keep warm.
- ☐ Wipe skillet clean.
- ☐ Add reserved marinade, and bring to a boil. Boil 2 minutes, stirring often.
- ☐ Cut chicken diagonally into 1/2-inch-thick slices. Spoon Mandarin-Black Bean Salad in center of 4 serving plates. Arrange chicken slices around salad, and drizzle chicken evenly with warm marinade.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:5.3256522099609%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg,

Naringenin: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 57.99kcal (2.9%), Fat: 1.15g (1.77%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.68g (1.34%), Sugar: 1.74g (1.93%), Cholesterol: 22.68mg (7.56%), Sodium: 333.61mg (14.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin B3: 3.85mg (19.25%), Selenium: 11.64µg (16.63%), Vitamin C: 13.3mg (16.12%), Vitamin B6: 0.31mg (15.31%), Phosphorus: 85.16mg (8.52%), Potassium: 203.93mg (5.83%), Vitamin B5: 0.57mg (5.71%), Iron: 0.7mg (3.9%), Magnesium: 15.48mg (3.87%), Vitamin A: 183.19IU (3.66%), Manganese: 0.07mg (3.46%), Vitamin B1: 0.05mg (3.19%), Vitamin B2: 0.05mg (2.95%), Folate: 8.41µg (2.1%), Zinc: 0.29mg (1.9%), Vitamin K: 1.99µg (1.89%), Calcium: 17.79mg (1.78%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.65%), Vitamin E: 0.24mg (1.62%), Vitamin B12: 0.07µg (1.18%)