



Cumin Chicken with Spicy Tomato Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup cucumber peeled chopped
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 small jalapeno seeded chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.8 cup tomatoes chopped

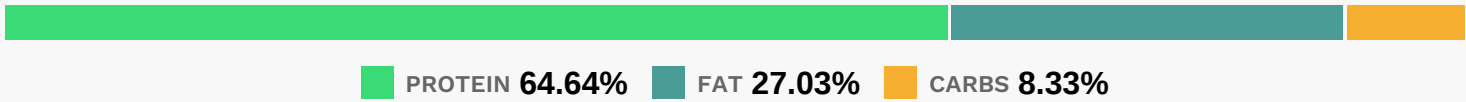
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients in a small bowl; set aside.
- ☐ Combine cumin, black pepper, and 1/4 teaspoon salt; rub chicken breast halves with cumin mixture.
- ☐ Place a large cast iron skillet over medium-high heat until hot (about 2 minutes).
- ☐ Add chicken, and cook 7 minutes on each side or until done.
- ☐ Cut each chicken breast half diagonally across grain into thin slices, and arrange on individual serving plates.
- ☐ Serve with tomato relish.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:20.625652121461%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin:

0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 235.3kcal (11.76%), Fat: 6.9g (10.61%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.48g (1.26%), Sugar: 1.98g (2.2%), Cholesterol: 108.86mg (36.29%), Sodium: 348.22mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.23%), Vitamin B3: 18.14mg (90.71%), Selenium: 54.71µg (78.16%), Vitamin B6: 1.39mg (69.45%), Phosphorus: 384.17mg (38.42%), Vitamin C: 27.56mg (33.41%), Vitamin B5: 2.54mg (25.44%), Potassium: 811.45mg (23.18%), Magnesium: 59.27mg (14.82%), Manganese: 0.23mg (11.64%), Vitamin B2: 0.2mg (11.56%), Iron: 1.9mg (10.57%), Vitamin B1: 0.15mg (10.15%), Vitamin A: 427.93IU (8.56%), Zinc: 1.19mg (7.96%), Vitamin K: 8.02µg (7.63%), Vitamin E: 1.03mg (6.85%), Copper: 0.11mg (5.71%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.31g (5.24%), Folate: 18.2µg (4.55%), Calcium: 35.82mg (3.58%), Vitamin D: 0.17µg (1.13%)