



Cumin-Dusted Chicken Breasts with Guacamole Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled mashed seeded
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.1 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup parsley finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

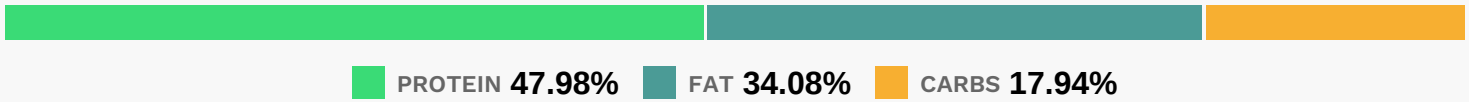
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ To prepare sauce, combine first 8 ingredients; set aside.
- ☐ Preheat oven to 40
- ☐ To prepare chicken, combine sugar, 1 teaspoon cumin, 1/2 teaspoon salt, and 1/2 teaspoon black pepper; sprinkle evenly over chicken.
- ☐ Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 3 minutes or until browned. Turn chicken over.
- ☐ Place pan in oven; bake at 400 for 10 minutes or until done.
- ☐ Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:25.605217368706%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg,

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 315.91kcal (15.8%), Fat: 11.98g (18.44%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 10.36g (3.77%), Sugar: 6.53g (7.26%), Cholesterol: 110.16mg (36.72%), Sodium: 663.07mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.96g (75.92%), Vitamin B3: 18.76mg (93.79%), Vitamin K: 85.86µg (81.78%), Selenium: 55.56µg (79.38%), Vitamin B6: 1.42mg (71.16%), Phosphorus: 406.15mg (40.62%), Vitamin B5: 3.16mg (31.62%), Potassium: 961.12mg (27.46%), Vitamin C: 15.57mg (18.87%), Magnesium: 67.09mg (16.77%), Vitamin B2: 0.27mg (15.86%), Fiber: 3.82g (15.29%), Folate: 59.76µg (14.94%), Vitamin A: 577.53IU (11.55%), Vitamin B1: 0.16mg (10.72%), Zinc: 1.49mg (9.9%), Vitamin E: 1.48mg (9.88%), Iron: 1.69mg (9.37%), Manganese: 0.17mg (8.55%), Copper: 0.17mg (8.4%), Vitamin B12: 0.38µg (6.39%), Calcium: 54.92mg (5.49%), Vitamin D: 0.17µg (1.13%)