



Cumin Rubbed Chicken with Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 fully ripened avocado from mexico pitted cubed peeled halved
- ☐ 0.5 cup cucumber diced
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red to taste
- ☐ 2 tablespoons juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion diced red

- ☐ 1 teaspoon salt divided
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 cup tomatoes chopped

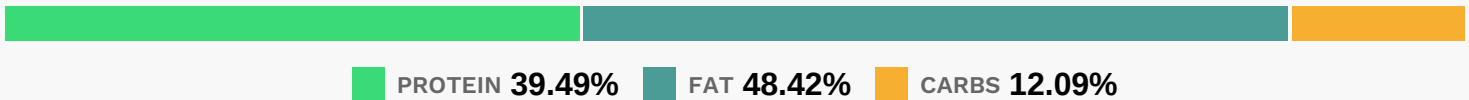
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, combine 1/2 teaspoon of the salt, the cumin and pepper; rub on chicken.
- ☐ In large non-stick skillet, heat oil over medium heat.
- ☐ Add chicken; cook, turning occasionally, until no longer pink in the center, about 10 minutes.
- ☐ Meanwhile, in medium bowl, combine Avocado, tomato, cucumber, onion, cilantro and remaining 1/2 teaspoon salt.
- ☐ Serve over cumin-rubbed chicken with whole grain couscous or rice, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:17.826521593591%

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: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 256.75kcal (12.84%), Fat: 14.02g (21.57%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 7.88g (2.63%),
Net Carbohydrates: 3.66g (1.33%), Sugar: 2.12g (2.35%), Cholesterol: 72.57mg (24.19%), Sodium: 720.16mg (31.31%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Vitamin B3: 12.98mg (64.92%), Selenium:
36.6µg (52.28%), Vitamin B6: 1.04mg (51.86%), Phosphorus: 282.74mg (28.27%), Vitamin B5: 2.41mg (24.14%),
Potassium: 809.91mg (23.14%), Vitamin K: 20.32µg (19.36%), Vitamin C: 15.4mg (18.66%), Fiber: 4.22g (16.87%),
Folate: 56.58µg (14.15%), Vitamin E: 2.05mg (13.7%), Magnesium: 53.13mg (13.28%), Vitamin B2: 0.2mg (11.61%),
Vitamin A: 556.26IU (11.13%), Vitamin B1: 0.13mg (8.95%), Manganese: 0.17mg (8.69%), Copper: 0.17mg (8.56%),
Zinc: 1.12mg (7.44%), Iron: 1.08mg (5.99%), Vitamin B12: 0.23µg (3.78%), Calcium: 24.68mg (2.47%)