



Cumin-Seared Chicken with Pineapple-Mint Salsa



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 cups pineapple cubed finely chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 tablespoons rice vinegar

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

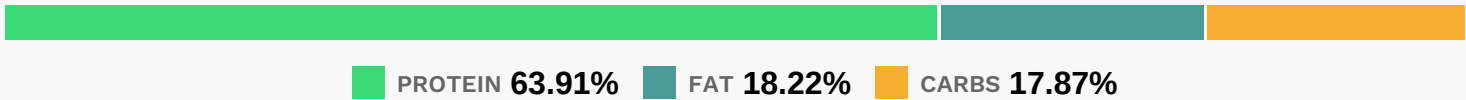
Equipment

- ☐ frying pan

Directions

- ☐ Combine cumin, salt, and red pepper; sprinkle evenly over chicken.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 7 to 8 minutes on each side or until done.
- ☐ While chicken cooks, combine pineapple and remaining ingredients; toss gently to blend.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:46.92, Glycemic Load:4.49, Inflammation Score:-6, Nutrition Score:21.510434668997%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 237.1kcal (11.85%), Fat: 4.67g (7.19%), Saturated Fat: 1g (6.25%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 8.74g (3.18%), Sugar: 6.56g (7.29%), Cholesterol: 108.86mg (36.29%), Sodium: 491.91mg (21.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Vitamin B3: 18.19mg (90.97%), Selenium: 54.62µg (78.03%), Vitamin B6: 1.37mg (68.39%), Vitamin C: 34.28mg (41.55%), Phosphorus: 372.5mg (37.25%), Manganese: 0.7mg (35.18%), Vitamin B5: 2.59mg (25.89%), Potassium: 757.98mg (21.66%), Magnesium: 59.59mg (14.9%), Vitamin B2: 0.21mg (12.36%), Vitamin B1: 0.17mg (11.37%), Iron: 1.46mg (8.13%), Zinc: 1.17mg (7.81%), Copper: 0.14mg (7.2%), Vitamin A: 358.42IU (7.17%), Folate: 26.48µg (6.62%), Fiber: 1.58g (6.3%), Vitamin B12: 0.34µg

(5.67%), Calcium: 38.08mg (3.81%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.17µg (1.13%)