



Cumin-Spiced Chicken with Chunky Tomato Sauce

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cumin divided
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces cheddar cheese reduced-fat
- ☐ 24 ounce chicken breast halves boneless skinless

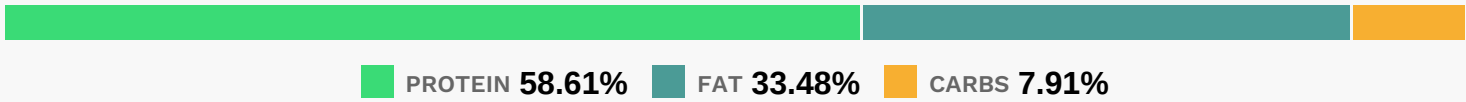
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat a large ovenproof skillet over medium-high heat; coat pan with cooking spray.
- ☐ Sprinkle both sides of chicken evenly with 1/2 teaspoon cumin and salt; cook 6 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add 1/4 teaspoon cumin and tomatoes to pan; cook 1 minute. Return chicken to pan; spoon tomato mixture evenly over chicken.
- ☐ Sprinkle evenly with cheese; broil 2 minutes or until cheese melts. Top with cilantro.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:21.767825992211%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 294.16kcal (14.71%), Fat: 10.75g (16.54%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.39g (3.77%), Cholesterol: 129.06mg (43.02%), Sodium: 565.99mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.34g (84.68%), Vitamin B3: 18.65mg (93.25%), Selenium: 58.07µg (82.95%), Vitamin B6: 1.4mg (69.76%), Phosphorus: 474.98mg (47.5%), Vitamin B5: 2.67mg (26.75%), Potassium: 862.87mg (24.65%), Calcium: 176.43mg (17.64%), Magnesium: 65.14mg (16.29%), Vitamin B2: 0.28mg (16.24%), Zinc: 1.84mg (12.25%), Vitamin B1: 0.17mg (11.29%), Iron: 1.93mg (10.72%), Vitamin C: 8.64mg (10.48%), Vitamin B12: 0.6µg (10.03%), Copper: 0.18mg (9.24%), Manganese: 0.17mg (8.68%), Vitamin E: 1.28mg (8.53%), Vitamin A: 361.78IU (7.24%), Fiber: 1.39g (5.57%), Vitamin K: 5.27µg (5.02%), Folate: 18.94µg (4.74%), Vitamin D: 0.28µg (1.84%)