



Fiesta Chicken Breasts with Tomato-Avocado Salsa

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 1 cup avocado pitted peeled chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 1 tablespoons juice of lime
- ☐ 1.5 teaspoons jalapeno finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 2 lb chicken breast bone-in
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 4 8-inch flour tortilla cut into 1/2-inch strips cut in half, then ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In medium glass or plastic bowl, gently mix all salsa ingredients. Refrigerate until ready to serve.
- ☐ Meanwhile, place chicken in shallow glass or plastic dish. In small bowl, mix 1/4 cup lime juice, 1/4 cup oil, the cumin and salt; pour over chicken. Cover and refrigerate 1 hour.
- ☐ Heat oven to 375°F. Spray 9-inch square pan with cooking spray.
- ☐ Place chicken, skin sides up, in pan.
- ☐ Pour marinade over chicken. Cover and bake 30 minutes. Uncover and bake 20 to 30 minutes longer, brushing occasionally with marinade, until juice of chicken is clear when thickest part is cut to bone (170°F).
- ☐ In 10-inch skillet, heat 2 tablespoons oil over medium-high heat until hot. Cook tortilla strips in oil 3 to 5 minutes, stirring occasionally, until crisp and golden brown.
- ☐ Serve chicken topped with salsa.
- ☐ Serve with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:9, Inflammation Score:-8, Nutrition Score:33.59260866953%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 674.54kcal (33.73%), Fat: 36.09g (55.52%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 27.79g (10.11%), Sugar: 4.16g (4.63%), Cholesterol: 145.15mg (48.38%), Sodium: 1081.87mg (47.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.88g (107.75%), Vitamin B3: 26.99mg (134.97%), Selenium: 84.28µg (120.4%), Vitamin B6: 1.9mg (94.95%), Vitamin K: 67.4µg (64.19%), Phosphorus: 622.08mg (62.21%), Vitamin B5: 3.92mg (39.24%), Potassium: 1268.75mg (36.25%), Vitamin B1: 0.46mg (30.63%), Vitamin C: 23.44mg (28.41%), Vitamin B2: 0.44mg (25.93%), Folate: 102.21µg (25.55%), Magnesium: 91.36mg (22.84%), Vitamin E: 3.33mg (22.21%), Manganese: 0.44mg (22.01%), Fiber: 5.3g (21.2%), Iron: 3.35mg (18.6%), Vitamin A: 683.43IU (13.67%), Zinc: 1.98mg (13.23%), Copper: 0.23mg (11.72%), Calcium: 107.21mg (10.72%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)