



Zesty Lime Marinated Chicken with Homemade Watermelon Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cucumber diced peeled
- 1 small ears corn fresh sweet
- 1 tablespoon olive oil extra virgin
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 4 servings pepper fresh
- 2 tablespoons honey

- 2 tablespoons juice of lime fresh
- 0.5 cup and orange peppers diced sweet yellow
- 3 tablespoons onion diced red
- 0.5 teaspoon pepper red crushed to taste
- 1 teaspoon salt
- 16 ounces chicken breast boneless skinless
- 1 teaspoon all the tabasco sauce you handle
- 2 cups watermelon diced seeded

Equipment

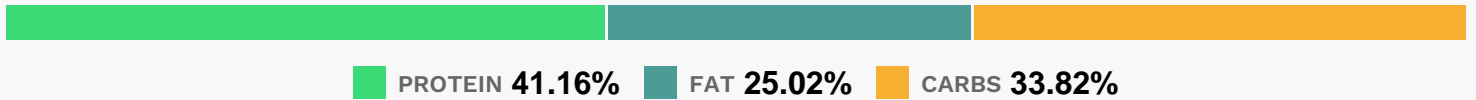
- bowl
- frying pan
- microwave
- grill pan

Directions

- To Make Salsa: In a medium bowl, combine watermelon, cucumber, sweet pepper, corn, cilantro and onion. In a small bowl, mix together cup lime juice, honey, red pepper flakes and salt. Refrigerate for at least 1 hour before serving, to blend flavors. To Make Chicken: In a shallow bowl add the chicken, 3 tablespoons lime juice and sprinkle with a little garlic powder, salt and pepper. Marinate in the refrigerator for 30 minutes. Coat a large nonstick pan or a grill pan with olive oil spray, add olive oil and heat.
- Add chicken, cover, and saut over medium heat until browned on both sides and cooked through, about 10–12 minutes total.
- Remove the chicken from the pan
- To Make Honey Lime Glaze: In a small bowl, mix together cup lime juice, 2 tablespoons honey and Tabasco.
- Add the honey lime glaze to the same pan. Cook for about 30 seconds until melted. Return cooked chicken to pan, flipping the chicken once to coat with the glaze.
- Remove from pan and plate each piece. Spoon watermelon salsa on top of each piece of chicken and serve with more salsa on the side.

- Serve with our recipe for Simple Garlic Toast, if desired. Recipe follows. Recipe for Simple Garlic Toast
- Start with 4 slices sourdough wheat bread. We bought ours at Trader Joes but most markets sell sourdough wheat bread or use regular sourdough slices.
- Cut each slice in half and toast all of them.
- Spread each half with 1 teaspoon reduced-fat butter or Smart Balance Light.
- Sprinkle each with a little garlic powder.
- Place all 8 halves on a plate and reheat in microwave for about 15 seconds. Our favorite garlic powder is Lawrys with parsley. Weve been buying it for years because it taste much better than most garlic powders.

Nutrition Facts



Properties

Glycemic Index:67.48, Glycemic Load:9.02, Inflammation Score:-8, Nutrition Score:16.992608695652%

Flavonoids

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 Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Taste

Sweetness: 33.52%, Saltiness: 100%, Sourness: 13.12%, Bitterness: 16.23%, Savoriness: 68.7%, Fattiness: 60.52%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 244.69kcal (12.23%), Fat: 6.94g (10.68%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.59g (7.12%), Sugar: 15.97g (17.75%), Cholesterol: 72.57mg (24.19%), Sodium: 749.29mg (32.58%), Protein: 25.68g (51.36%), Vitamin B3: 12.54mg (62.72%), Selenium: 37.01µg (52.88%), Vitamin B6: 0.99mg (49.56%), Vitamin C: 36.8mg (44.6%), Phosphorus: 277.38mg (27.74%), Vitamin A: 1189.39IU (23.79%), Vitamin B5: 2.05mg (20.48%), Potassium: 654.38mg (18.7%), Magnesium: 50.58mg (12.64%), Vitamin B2: 0.17mg (10.04%), Vitamin B1: 0.15mg (9.96%), Vitamin E: 1.19mg (7.95%), Manganese: 0.15mg (7.58%), Folate: 28.21µg (7.05%), Zinc: 0.96mg (6.41%), Fiber: 1.51g (6.04%), Iron: 0.99mg (5.48%), Vitamin K: 5.72µg (5.45%), Copper: 0.1mg (5.16%), Vitamin B12:

0.23µg (3.78%), Calcium: 20.56mg (2.06%)