



Fresh Salsa Chicken

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons capers drained
- 6 ounces cherry tomatoes quartered
- 1 tablespoon cider vinegar
- 0.1 teaspoon pepper red crushed
- 0.8 teaspoon basil dried
- 1 garlic clove minced
- 1.5 teaspoons olive oil extra-virgin

- 0.3 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 0.5 cup bell pepper yellow finely chopped

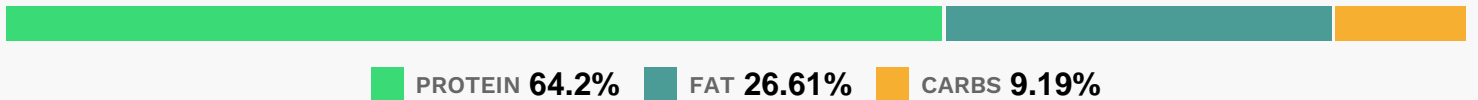
Equipment

- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine first 8 ingredients in a bowl; cover and chill until ready to serve.
- Place chicken on a broiler pan coated with cooking spray; sprinkle with salt and black pepper. Broil 5 minutes on each side or until done.
- Serve tomato mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:15.383043537969%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 158.97kcal (7.95%), Fat: 4.58g (7.05%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.1g (1.23%), Cholesterol: 72.57mg (24.19%), Sodium: 394.23mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.74%), Vitamin B3: 12.27mg (61.34%), Vitamin C: 45.64mg (55.32%), Selenium: 36.74µg (52.48%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 257.26mg (25.73%), Vitamin B5: 1.71mg (17.11%), Potassium: 566.96mg (16.2%), Magnesium: 38.88mg (9.72%), Vitamin B2: 0.14mg (8.05%), Manganese: 0.14mg (7.21%), Vitamin K: 6.8µg (6.48%), Vitamin B1: 0.1mg (6.38%), Vitamin A: 305.41IU

(6.11%), Iron: 1.08mg (6.01%), Copper: 0.11mg (5.31%), Zinc: 0.79mg (5.27%), Vitamin E: 0.75mg (5%), Folate: 16.47µg (4.12%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.73g (2.93%), Calcium: 20.68mg (2.07%)