

Fusion Chicken



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored peeled chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon oregano dried

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 chicken breast halves boneless skinless cut into strips
- ☐ 0.3 cup mild tomatillo salsa green

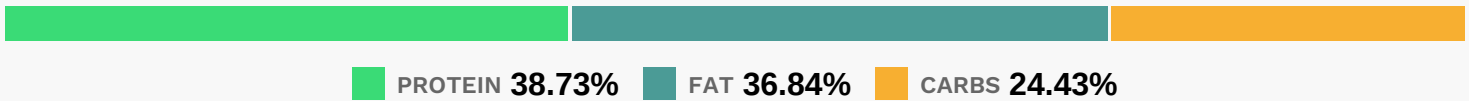
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Heat the olive oil in a skillet over medium heat.
- ☐ Place the chicken strips in the skillet, and sprinkle with the red wine vinegar. Season with 1/2 the pepper, 1/2 the oregano, 1/2 the garlic powder, and 1/2 the nutmeg. Cook 5 minutes, turn, and season with remaining pepper, oregano, garlic powder, and nutmeg.
- ☐ Place the cilantro, onion, and apples over the chicken in the skillet. Cover, and continue cooking 5 minutes, until chicken juices run clear and apples are slightly tender.
- ☐ Place the tomatillo salsa in a bowl, and cook in the microwave 2 minutes on High, or until heated through.
- ☐ Serve over the cooked chicken and apples.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:3.72, Inflammation Score:-5, Nutrition Score:13.538260817528%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg,
Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,
Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.73mg,
Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 254.2kcal (12.71%), Fat: 10.36g (15.94%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 15.46g (5.15%), Net
Carbohydrates: 12.83g (4.67%), Sugar: 11.13g (12.36%), Cholesterol: 72.32mg (24.11%), Sodium: 235.33mg (10.23%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (49%), Vitamin B3: 11.91mg (59.55%), Selenium: 36.31µg
(51.88%), Vitamin B6: 0.91mg (45.55%), Phosphorus: 254.46mg (25.45%), Vitamin B5: 1.7mg (16.97%), Potassium:
582.13mg (16.63%), Fiber: 2.62g (10.5%), Vitamin K: 10.59µg (10.09%), Vitamin E: 1.44mg (9.6%), Vitamin C: 7.67mg
(9.3%), Magnesium: 36.9mg (9.23%), Vitamin B2: 0.14mg (8.48%), Vitamin B1: 0.1mg (6.53%), Manganese: 0.1mg
(5.16%), Zinc: 0.74mg (4.93%), Vitamin A: 242.02IU (4.84%), Iron: 0.71mg (3.94%), Vitamin B12: 0.23µg (3.77%),
Copper: 0.07mg (3.43%), Folate: 11.65µg (2.91%), Calcium: 18.91mg (1.89%)