



Grilled Chicken Breasts with Fresh Strawberry Salsa

 Gluten Free

READY IN



155 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 2 tablespoons mint leaves fresh chopped
- 1 clove garlic minced
- 0.3 cup olive oil
- 2 tablespoons raspberry vinegar
- 0.3 cup onion red minced
- 4 servings salt and pepper to taste

- 1 serrano chile minced seeded
- 24 ounce chicken breast halves boneless skinless
- 0.3 cup cup heavy whipping cream sour
- 2 cups strawberries fresh sliced
- 2 tablespoons sugar white

Equipment

- bowl
- whisk
- baking pan
- grill
- ziploc bags
- meat tenderizer

Directions

- Pound the chicken breast halves with a meat mallet until 1/2 inch thick. Season with salt and pepper and place into a resealable plastic bag or small baking dish.
- Whisk together 1 serrano chile, garlic, chili powder, and 2 tablespoons raspberry vinegar in a small bowl.
- Whisk in the olive oil until incorporated, then pour the marinade over the chicken breasts, squeeze out excess air, and seal.
- Place into the refrigerator, and marinate for 2 to 3 hours.
- While the chicken marinates, toss the strawberries with the mint and sugar in a bowl. Cover, and refrigerate 1 hour, then fold in the remaining serrano chile, red onion, and 2 tablespoons raspberry vinegar. Season to taste with salt and pepper.
- Let the salsa stand at room temperature for 20 minutes before serving.
- Preheat an outdoor grill for medium-high heat, and lightly oil grate.
- Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade. Cook the chicken on the grill until no longer pink in the center and the juices run clear, 3 to 5 minutes per side.

Serve with the strawberry salsa and a dollop of sour cream.

Nutrition Facts

PROTEIN 37.65% **FAT 47.77%** **CARBS 14.58%**

Properties

Glycemic Index:51.77, Glycemic Load:6.2, Inflammation Score:-6, Nutrition Score:22.949130156766%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 399.52kcal (19.98%), Fat: 21.05g (32.38%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 12.34g (4.49%), Sugar: 10.7g (11.88%), Cholesterol: 117.34mg (39.11%), Sodium: 406.77mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.33g (74.65%), Vitamin B3: 18.18mg (90.88%), Selenium: 55.58µg (79.39%), Vitamin B6: 1.36mg (68.02%), Vitamin C: 47.2mg (57.21%), Phosphorus: 394.95mg (39.49%), Vitamin B5: 2.6mg (25.99%), Potassium: 814.28mg (23.27%), Manganese: 0.39mg (19.74%), Vitamin E: 2.73mg (18.23%), Magnesium: 60mg (15%), Vitamin B2: 0.23mg (13.42%), Vitamin K: 11.04µg (10.51%), Vitamin B1: 0.14mg (9.38%), Fiber: 2.11g (8.45%), Vitamin A: 418.06IU (8.36%), Zinc: 1.22mg (8.16%), Folate: 30.84µg (7.71%), Iron: 1.3mg (7.21%), Vitamin B12: 0.37µg (6.17%), Copper: 0.11mg (5.34%), Calcium: 47.7mg (4.77%), Vitamin D: 0.17µg (1.13%)