



Grilled Chicken Breasts with Honeydew Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless with skin
- ☐ 0.3 cup cilantro plus cilantro leaves fresh finely chopped
- ☐ 1.3 cups honeydew diced peeled seeded finely
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime zest finely grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion diced red finely
- ☐ 1 teaspoon serrano chile seeded finely chopped

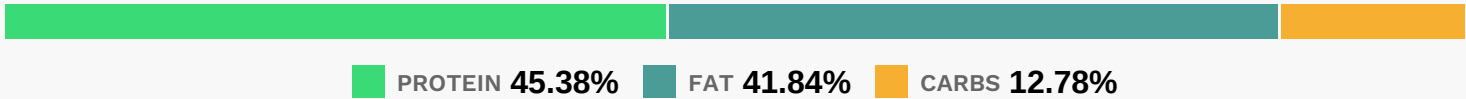
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine diced melon, 1/4 cup chopped cilantro, finely diced red onion, lime juice, olive oil, grated lime peel, and chopped serrano chile in medium bowl. Toss to blend flavors. Season melon salsa to taste with salt and pepper.
- ☐ Spray grill with nonstick vegetable oil spray; prepare barbecue (medium heat).
- ☐ Sprinkle chicken breasts with salt and pepper. Grill chicken breasts until skin is crisp and brown and chicken is cooked through, about 5 minutes per side.
- ☐ Slice chicken breasts and arrange on plates. Top with melon salsa and cilantro leaves and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:13.320000207942%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg
Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg
Hesperetin: 1.1mg
Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg
Luteolin: 0.03mg
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 217.66kcal (10.88%), Fat: 10.03g (15.43%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.16g (2.24%), Sugar: 5.2g (5.77%), Cholesterol: 72.32mg (24.11%), Sodium: 142.5mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.47g (48.95%), Vitamin B3: 12.07mg (60.33%), Selenium: 36.63µg

(52.33%), Vitamin B6: 0.92mg (45.78%), Phosphorus: 248.34mg (24.83%), Vitamin C: 15.33mg (18.58%), Vitamin B5: 1.73mg (17.28%), Potassium: 578.5mg (16.53%), Magnesium: 37.08mg (9.27%), Vitamin K: 9.33µg (8.89%), Vitamin E: 1.28mg (8.55%), Vitamin B2: 0.13mg (7.4%), Vitamin B1: 0.1mg (6.77%), Zinc: 0.74mg (4.91%), Folate: 18.75µg (4.69%), Vitamin B12: 0.23µg (3.77%), Iron: 0.61mg (3.39%), Fiber: 0.73g (2.91%), Vitamin A: 138.85IU (2.78%), Copper: 0.05mg (2.68%), Manganese: 0.05mg (2.59%), Calcium: 13.52mg (1.35%)