



Grilled Chicken Breasts with Plum Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown sugar
- 2 teaspoons cider vinegar
- 2 tablespoons teaspoon cilantro dried fresh chopped
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.3 teaspoon hot sauce
- 1 cup plum ripe chopped (2 plums)
- 2 tablespoons onion red chopped

- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 2 teaspoons vegetable oil

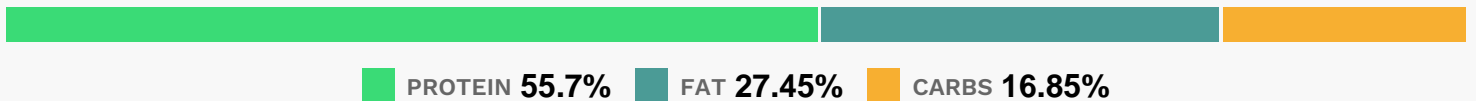
Equipment

- bowl
- frying pan
- grill pan

Directions

- To prepare chicken, combine the first 4 ingredients. Rub chicken with brown sugar mixture.
- Heat the oil in a grill pan or nonstick skillet over medium heat.
- Add chicken; cook 6 minutes on each side or until done.
- While the chicken is cooking, combine remaining ingredients in a bowl.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:1.72, Inflammation Score:-3, Nutrition Score:12.238695699236%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

1.49mg, Quercetin: 1.49mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 179.9kcal (8.99%), Fat: 5.37g (8.26%), Saturated Fat: 1g (6.25%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.7g (2.44%), Sugar: 6.27g (6.97%), Cholesterol: 72.57mg (24.19%), Sodium: 503.02mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (49%), Vitamin B3: 12.02mg (60.12%), Selenium: 36.4µg (52%), Vitamin B6: 0.87mg (43.65%), Phosphorus: 248.61mg (24.86%), Vitamin B5: 1.68mg (16.83%), Potassium: 504.3mg (14.41%), Magnesium: 34.31mg (8.58%), Vitamin B2: 0.13mg (7.48%), Vitamin K: 7.66µg (7.3%), Vitamin C: 5.91mg (7.17%), Vitamin B1: 0.09mg (5.94%), Zinc: 0.73mg (4.86%), Iron: 0.7mg (3.91%), Vitamin A: 193.51IU (3.87%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.52mg (3.48%), Manganese: 0.06mg (3.22%), Copper: 0.06mg (3.06%), Fiber: 0.71g (2.85%), Folate: 7.82µg (1.96%), Calcium: 13.98mg (1.4%)