



Grilled Chicken, Mango, and Jicama Salad with Tequila-Lime Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon chili powder
- ☐ 4 6-inch corn tortillas yellow cut into (1/2-inch-wide) strips ()
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 Dash ground pepper red
- ☐ 1.5 teaspoons honey
- ☐ 1 cup jicama peeled (3 x)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 cup mangos peeled thinly sliced (1 large)
- ☐ 5 ounce the salad mixed
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons tequila

Equipment

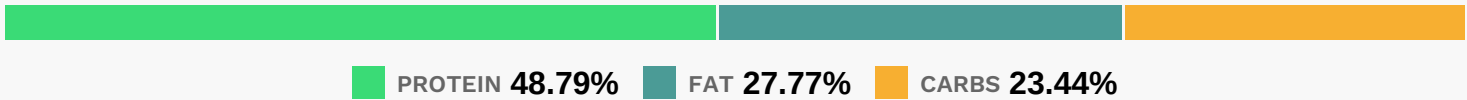
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare chicken, combine first 5 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ To prepare vinaigrette, combine cilantro and next 8 ingredients (through dash of salt) in a small bowl; stir with a whisk. Chill until ready to use.

- ☐ Preheat oven to 35
- ☐ To prepare tortilla strips, place strips in a large bowl. Coat with cooking spray; toss.
- ☐ Combine cumin, 1/4 teaspoon salt, paprika, and dash of red pepper.
- ☐ Sprinkle over strips; toss well.
- ☐ Spread strips in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 minutes or until almost crisp.
- ☐ Remove from oven; cool. (Tortilla strips will crisp as they cool.)
- ☐ Prepare grill.
- ☐ Remove chicken from bag, discarding marinade.
- ☐ Sprinkle chicken with 1/2 teaspoon salt.
- ☐ Place chicken on grill rack coated with cooking spray, and grill for 5 minutes on each side or until done.
- ☐ Cut chicken into 1/2-inch slices.
- ☐ Combine jicama, mango, and greens in a large bowl.
- ☐ Pour vinaigrette over jicama mixture, and toss to coat.
- ☐ Place 1 1/3 cups jicama mixture on each of 6 plates, and top each serving with 1 sliced chicken breast half. Top evenly with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:69.09, Glycemic Load:6.8, Inflammation Score:-7, Nutrition Score:22.820434710254%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 333.89kcal (16.69%), Fat: 9.87g (15.18%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 15.82g (5.75%), Sugar: 6.81g (7.56%), Cholesterol: 108.86mg (36.29%), Sodium: 897.41mg (39.02%), Alcohol: 1.67g (100%), Alcohol %: 0.7% (100%), Protein: 39.01g (78.01%), Vitamin B3: 18.6mg (92.98%), Selenium: 56.2µg (80.29%), Vitamin B6: 1.42mg (70.95%), Phosphorus: 452.95mg (45.3%), Vitamin C: 29.14mg (35.32%), Vitamin B5: 2.63mg (26.31%), Potassium: 865.49mg (24.73%), Magnesium: 75.35mg (18.84%), Vitamin A: 832.11IU (16.64%), Vitamin B2: 0.25mg (14.52%), Manganese: 0.24mg (12%), Fiber: 2.92g (11.69%), Vitamin B1: 0.16mg (10.94%), Vitamin E: 1.61mg (10.74%), Folate: 39.79µg (9.95%), Zinc: 1.46mg (9.75%), Iron: 1.58mg (8.81%), Copper: 0.15mg (7.44%), Vitamin K: 7.02µg (6.68%), Vitamin B12: 0.34µg (5.67%), Calcium: 41.88mg (4.19%), Vitamin D: 0.17µg (1.13%)