



Grilled Chicken Paillards with Cilantro-Mint Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 1 cup lightly cilantro leaves packed
- 1 garlic clove smashed
- 1 jalapeño (with seeds) sliced
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons juice of lime fresh
- 0.3 cup lightly mint leaves packed

- 24 ounce chicken breast halves boneless skinless for another use
- 1 tablespoon sugar
- 0.3 cup water

Equipment

- food processor
- blender
- grill
- grill pan

Directions

- Light a grill or preheat a cast-iron grill pan. In a blender or food processor, combine the cilantro, mint, garlic, jalapeo and sugar and pulse until chopped.
- Add the water, lime juice and 1 1/2 tablespoons of the grapeseed oil and process until fairly smooth; season with salt and pepper.
- Lightly pound the breasts to an even 1/2-inch thickness.
- Brush the chicken with the remaining 1/2 tablespoon of grapeseed oil and season with salt and pepper. Grill over a moderately hot fire, turning once, until lightly charred and cooked through, about 6 minutes.
- Transfer the chicken to plates, spoon some of the dressing on top and serve, passing extra dressing on the side.
- Serve With: Couscous or rice.
- Notes: One serving 239 calories, 9 gm total fat, 0 gm saturated fat, 6 gm carb.

Nutrition Facts

 **PROTEIN 54.17%**  **FAT 38.43%**  **CARBS 7.4%**

Properties

Glycemic Index:41.02, Glycemic Load:2.22, Inflammation Score:-5, Nutrition Score:18.87608665487%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 275.17kcal (13.76%), Fat: 11.49g (17.67%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.37g (3.75%), Cholesterol: 108.86mg (36.29%), Sodium: 395.04mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.43g (72.86%), Vitamin B3: 17.9mg (89.5%), Selenium: 54.62µg (78.02%), Vitamin B6: 1.31mg (65.59%), Phosphorus: 364.81mg (36.48%), Vitamin B5: 2.49mg (24.86%), Potassium: 691.15mg (19.75%), Vitamin K: 18.46µg (17.58%), Vitamin C: 11.78mg (14.27%), Magnesium: 49.28mg (12.32%), Vitamin E: 1.8mg (11.99%), Vitamin B2: 0.19mg (11.15%), Vitamin A: 483.85IU (9.68%), Vitamin B1: 0.12mg (7.97%), Zinc: 1.06mg (7.08%), Vitamin B12: 0.34µg (5.67%), Iron: 0.88mg (4.88%), Manganese: 0.09mg (4.71%), Copper: 0.07mg (3.69%), Folate: 14.58µg (3.65%), Calcium: 21.97mg (2.2%), Fiber: 0.5g (1.98%), Vitamin D: 0.17µg (1.13%)