



Grilled Chicken Salsa Verde



Gluten Free



Dairy Free

READY IN



290 min.

SERVINGS



6

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 large cloves garlic halved
- ☐ 1 small onion quartered
- ☐ 0.8 lb tomatillos (7)
- ☐ 1 jalapeno medium to large seeded cut in half lengthwise,
- ☐ 0.3 cup cilantro leaves fresh loosely packed (10 to 15 sprigs)
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon ground cumin
- ☐ 2.3 lb chicken breast boneless skinless

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In 10-inch skillet, heat oil over medium-high heat until hot.
- ☐ Add garlic and onion; cook about 5 minutes, stirring constantly, until onion is tender.
- ☐ Remove husks from tomatillos; rinse tomatillos well.
- ☐ Cut around stem area of each to remove core; cut tomatillos into quarters. In large food processor, place garlic and onion, tomatillos, jalapeño chile, cilantro, sugar and 1/2 teaspoon of the salt. Cover; process about 15 seconds or until almost smooth.
- ☐ Pour 1 cup tomatillo mixture into small serving bowl; cover and refrigerate to serve as salsa. To make marinade, add remaining 1/2 teaspoon salt and the cumin to remaining mixture in food processor. Cover; process 10 seconds.
- ☐ Place chicken breasts in glass baking dish. Spoon marinade over chicken; spread marinade over chicken to coat evenly. Cover with plastic wrap; refrigerate at least 4 hours but no longer than 8 hours, turning chicken at least once while marinating.
- ☐ Heat gas or charcoal grill. Carefully brush additional oil on grill rack.
- ☐ Place chicken on grill over medium heat; discard marinade. Cover grill; cook 12 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Serve each chicken breast with about 2 tablespoons salsa.

Nutrition Facts



 PROTEIN **62.73%**  FAT **27.97%**  CARBS **9.3%**

Properties

Glycemic Index:32.68, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:19.41391287161%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 241.73kcal (12.09%), Fat: 7.32g (11.26%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.18g (3.53%), Cholesterol: 108.86mg (36.29%), Sodium: 586.84mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.94g (73.89%), Vitamin B3: 18.86mg (94.29%), Selenium: 55.01µg (78.59%), Vitamin B6: 1.35mg (67.49%), Phosphorus: 386.75mg (38.68%), Vitamin B5: 2.54mg (25.43%), Potassium: 816.69mg (23.33%), Vitamin C: 12.97mg (15.72%), Magnesium: 58.25mg (14.56%), Vitamin K: 12.81µg (12.2%), Vitamin B2: 0.2mg (11.65%), Vitamin B1: 0.14mg (9.64%), Manganese: 0.16mg (8.2%), Zinc: 1.16mg (7.76%), Iron: 1.16mg (6.46%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.41g (5.63%), Vitamin E: 0.83mg (5.56%), Copper: 0.1mg (5.2%), Vitamin A: 188.29IU (3.77%), Folate: 14.09µg (3.52%), Calcium: 20.39mg (2.04%), Vitamin D: 0.17µg (1.13%)