



Grilled Chicken Thighs with Pineapple, Corn, and Bell Pepper Relish



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.5 cup corn kernels fresh (1 ear)
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 cups pineapple fresh cubed ()

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 1 teaspoon sugar

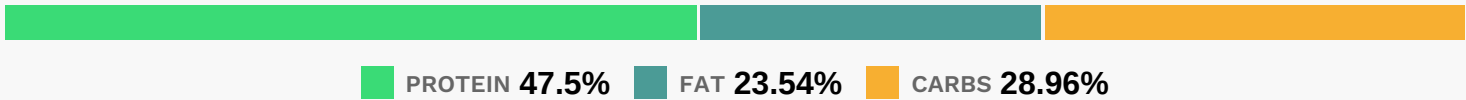
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat; lightly coat with cooking spray.
- ☐ Combine garlic powder, cumin, 1/2 teaspoon salt, and pepper in a small bowl; sprinkle over chicken.
- ☐ Add chicken to pan; cook 10 minutes on each side or until done.
- ☐ Meanwhile, combine remaining 1/4 teaspoon salt, pineapple, and remaining ingredients in a medium bowl.
- ☐ Serve relish over chicken.

Nutrition Facts



Properties

Glycemic Index:84.94, Glycemic Load:6.74, Inflammation Score:-7, Nutrition Score:19.989130486613%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 241.4kcal (12.07%), Fat: 6.35g (9.77%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 15.48g (5.63%), Sugar: 11.15g (12.39%), Cholesterol: 134.66mg (44.89%), Sodium: 568.1mg (24.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.64%), Vitamin C: 57.43mg (69.62%), Selenium: 32.5µg (46.43%), Manganese: 0.91mg (45.41%), Vitamin B3: 8.82mg (44.12%), Vitamin B6: 0.8mg (40.12%), Phosphorus: 300.14mg (30.01%), Vitamin B5: 2.07mg (20.66%), Vitamin B2: 0.3mg (17.89%), Zinc: 2.44mg (16.29%), Vitamin B1: 0.24mg (15.87%), Potassium: 550.11mg (15.72%), Vitamin B12: 0.91µg (15.12%), Magnesium: 55.23mg (13.81%), Vitamin A: 590.84IU (11.82%), Vitamin K: 11.84µg (11.28%), Iron: 1.98mg (11.01%), Copper: 0.2mg (10.07%), Folate: 36.71µg (9.18%), Fiber: 2.08g (8.33%), Calcium: 35.44mg (3.54%), Vitamin E: 0.52mg (3.45%)