



Grilled Chicken with Fruit Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 small jalapeno seeded chopped
- ☐ 0.8 cup kiwifruit cubed peeled (3 kiwifruit)
- ☐ 0.5 cup juice of lemon fresh (4 lemons)

- ☐ 1 tablespoon lemon pepper
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.5 cup mangos peeled chopped
- ☐ 0.8 cup orange sections coarsely chopped
- ☐ 1.5 cups pineapple cubed
- ☐ 0.5 cup onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 36 ounce chicken breast halves boneless skinless

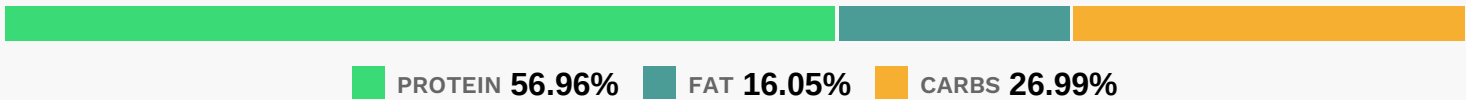
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare chicken, combine the juice, soy sauce, ginger, lemon pepper, and garlic in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal and shake to coat. Marinate in refrigerator 1 hour, turning once.
- ☐ Prepare grill or broiler.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until chicken is done.
- ☐ To prepare salsa, combine pineapple and remaining ingredients, tossing gently.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:68.43, Glycemic Load:6.53, Inflammation Score:-7, Nutrition Score:25.942608765934%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 275.73kcal (13.79%), Fat: 4.93g (7.58%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 15.77g (5.73%), Sugar: 11.37g (12.63%), Cholesterol: 108.86mg (36.29%), Sodium: 1063.1mg (46.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.68%), Vitamin B3: 18.54mg (92.71%), Vitamin C: 67.33mg (81.61%), Selenium: 55.14µg (78.78%), Vitamin B6: 1.45mg (72.62%), Phosphorus: 420.61mg (42.06%), Manganese: 0.73mg (36.28%), Vitamin B5: 2.78mg (27.78%), Potassium: 935.3mg (26.72%), Magnesium: 78.31mg (19.58%), Vitamin B2: 0.27mg (15.74%), Vitamin B1: 0.2mg (13.2%), Folate: 49.69µg (12.42%), Vitamin K: 12.77µg (12.16%), Fiber: 2.87g (11.47%), Copper: 0.19mg (9.52%), Iron: 1.64mg (9.13%), Zinc: 1.35mg (9.01%), Vitamin A: 341.38IU (6.83%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.34µg (5.67%), Calcium: 54.48mg (5.45%), Vitamin D: 0.17µg (1.13%)