



Grilled Chicken with Mango-Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 0.7 cup mangos diced ripe peeled (1 medium)
- ☐ 1 Dash pepper red crushed
- ☐ 0.7 cup pineapple fresh diced
- ☐ 0.3 cup pineapple juice
- ☐ 2 tablespoons onion red minced
- ☐ 0.1 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ meat tenderizer

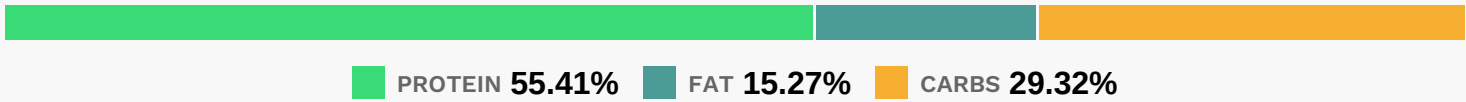
Directions

- ☐ To prepare salsa, combine first 8 ingredients. Cover; refrigerate 30 minutes.
- ☐ To prepare chicken, place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Combine pineapple juice and next 5 ingredients (through red pepper) in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 30 minutes.
- ☐ Prepare grill.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 3 minutes on each side or until done.
- ☐ Place reserved marinade in a small saucepan; bring to a boil. Reduce heat, and cook until reduced to 1/4 cup (about 5 minutes).
- ☐ Drizzle over chicken.

☐

Serve salsa with chicken.

Nutrition Facts



Properties

Glycemic Index:90.92, Glycemic Load:9.32, Inflammation Score:-6, Nutrition Score:21.284347881442%

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: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 274.91kcal (13.75%), Fat: 4.63g (7.12%), Saturated Fat: 1g (6.28%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 18.79g (6.83%), Sugar: 17.05g (18.95%), Cholesterol: 108.86mg (36.29%), Sodium: 704.2mg (30.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.78g (75.55%), Vitamin B3: 18.31mg (91.54%), Selenium: 54.84µg (78.34%), Vitamin B6: 1.4mg (69.91%), Vitamin C: 32.57mg (39.48%), Phosphorus: 387.97mg (38.8%), Vitamin B5: 2.62mg (26.15%), Potassium: 795.76mg (22.74%), Manganese: 0.45mg (22.6%), Magnesium: 62.08mg (15.52%), Vitamin B2: 0.23mg (13.56%), Vitamin B1: 0.16mg (10.44%), Vitamin A: 437.88IU (8.76%), Folate: 34.23µg (8.56%), Zinc: 1.2mg (7.99%), Copper: 0.13mg (6.65%), Iron: 1.04mg (5.8%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.79mg (5.26%), Fiber: 1.2g (4.78%), Vitamin K: 3.64µg (3.47%), Calcium: 23.92mg (2.39%), Vitamin D: 0.17µg (1.13%)