



Grilled Chicken with Salsa

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 green onions sliced
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 1 tsp lime zest
- 1 lb chicken breasts boneless skinless
- 1 tomatoes chopped

Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Reserve 1 Tbsp. dressing. Grill chicken 6 to 8 min. on each side or until done (165F), brushing with remaining dressing for the last few minutes.
- Meanwhile, toss remaining ingredients with reserved dressing.
- Serve chicken topped with tomato salsa.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.8460869604479%

Flavonoids

Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 24.65kcal (1.23%), Fat: 0.95g (1.47%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.42g (0.47%), Cholesterol: 9.68mg (3.23%), Sodium: 43.87mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin B3: 1.61mg (8.06%), Selenium: 4.9µg (7%), Vitamin B6: 0.12mg (5.95%), Vitamin K: 4.3µg (4.1%), Phosphorus: 33.58mg (3.36%), Vitamin B5: 0.22mg (2.2%), Potassium: 71.23mg (2.04%), Vitamin C: 1mg (1.21%), Magnesium: 4.76mg (1.19%), Vitamin A: 51.63IU (1.03%)