



Grilled Chicken with Sassy Citrus Salsa

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 22 oz mandarin orange segments drained coarsely chopped canned
- 1 Tbsp cilantro leaves chopped
- 0.3 cup grey poupon savory honey mustard
- 1 Tbsp juice of lime
- 0.3 cup onion red finely chopped
- 0.5 cup bell pepper red finely chopped
- 1.5 lb chicken breasts boneless skinless

Equipment

grill

Directions

- Mix orange segments, pepper, onion, mustard, lime juice and cilantro; cover. Refrigerate several hours for flavors to blend.
- Grill or broil chicken 5 to 6 minutes on each side or until cooked through.
- Serve with prepared salsa.

Nutrition Facts

 **PROTEIN 52.68%**  **FAT 14.3%**  **CARBS 33.02%**

Properties

Glycemic Index:4.55, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:5.1630435113026%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 59.08kcal (2.95%), Fat: 0.91g (1.4%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.22g (1.53%), Sugar: 3.48g (3.86%), Cholesterol: 21.77mg (7.26%), Sodium: 56.86mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.05%), Vitamin C: 16.18mg (19.61%), Vitamin B3: 3.73mg (18.64%), Selenium: 11.03µg (15.76%), Vitamin B6: 0.28mg (14.13%), Vitamin A: 537.75IU (10.76%), Phosphorus: 76.73mg (7.67%), Potassium: 181.02mg (5.17%), Vitamin B5: 0.5mg (5.01%), Vitamin B1: 0.05mg (3.51%), Magnesium: 13.05mg (3.26%), Vitamin B2: 0.05mg (2.81%), Zinc: 0.38mg (2.51%), Fiber: 0.5g (2.01%), Folate: 5.23µg (1.31%), Iron: 0.23mg (1.29%), Copper: 0.02mg (1.19%), Vitamin E: 0.17mg (1.15%), Vitamin B12: 0.07µg (1.13%)