



Grilled Cilantro Chicken with Pickled Tomato and Avocado Salsa

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado
- ☐ 1 pound beefsteak tomatoes seeded quartered
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon ground pepper
- ☐ 4 servings chicken
- ☐ 4 chicken breast halves with bone and skin (2 1/2 lbs. total)
- ☐ 0.5 cup cilantro leaves chopped

- ☐ 4 teaspoons ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 tablespoon ground cumin
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 2.5 tablespoons t brown sugar dark light packed
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons mustard seeds
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 teaspoons pepper black
- ☐ 4 servings salsa
- ☐ 2 serrano chiles thinly sliced
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 cup vinegar white

Equipment

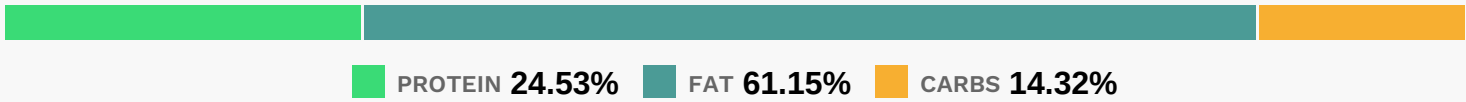
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Make salsa: In a bowl, combine tomatoes, chiles, and green onions. In a medium saucepan over high heat, bring vinegar to a boil.
- ☐ Add brown sugar and salt and cook, stirring, until dissolved, about 1 minute.
- ☐ Remove from heat. Put ginger, garlic, and dry spices in a bowl. In another medium saucepan, heat olive oil over medium-high heat until rippling.

- ☐ Add ginger mixture and cook, stirring, until fragrant, 1 minute.
- ☐ Remove from heat, stir in seasoned vinegar, and pour over tomato mixture.
- ☐ Let salsa cool, then cover and chill at least 1 hour and up to 4 hours. About 1 hour before serving, cut avocados into 3/4-in. chunks, add to salsa, and bring to room temperature.
- ☐ Make chicken: In a large bowl, combine olive oil, lime juice, and seasonings. Turn chicken in mixture to coat.
- ☐ Let stand at room temperature, turning occasionally, 30 to 45 minutes.
- ☐ Heat a grill to high (450 to 550). Lift chicken from marinade (discard marinade) and grill chicken, covered, turning often, until no longer pink in center, 15 to 20 minutes.
- ☐ Transfer chicken to a platter and spoon salsa on top, saving half the liquid for another use (such as salad dressing).

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:39.204347579376%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 790.25kcal (39.51%), Fat: 54.56g (83.94%), Saturated Fat: 10.23g (63.91%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 18.51g (6.73%), Sugar: 13.11g (14.57%), Cholesterol: 153.68mg (51.23%), Sodium: 1604.51mg (69.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.24g (98.48%), Vitamin B3: 22.39mg (111.97%), Vitamin B6: 1.73mg (86.56%), Selenium: 56.51µg (80.73%), Vitamin K: 79.89µg (76.09%), Phosphorus: 529.7mg (52.97%), Vitamin C: 39.53mg (47.91%), Potassium: 1649.76mg (47.14%), Vitamin E: 6.85mg (45.69%), Vitamin B5: 4.26mg (42.6%), Fiber: 10.26g (41.02%), Vitamin A: 1973.25IU (39.46%), Manganese: 0.75mg (37.75%),

Folate: 126.04µg (31.51%), Magnesium: 122.85mg (30.71%), Iron: 4.93mg (27.41%), Vitamin B2: 0.45mg (26.23%),
Copper: 0.45mg (22.61%), Zinc: 3.34mg (22.29%), Vitamin B1: 0.31mg (20.48%), Calcium: 109.72mg (10.97%),
Vitamin B12: 0.56µg (9.37%), Vitamin D: 0.33µg (2.2%)