



Grilled Cumin Chicken with Fresh Tomatillo Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup cilantro leaves
- 0.5 cup less-sodium chicken broth fat-free
- 1 garlic clove chopped
- 2 garlic cloves minced
- 0.3 cup green onions chopped
- 0.5 teaspoon ground cumin

- 1 jalapeno seeded chopped
- 2 tablespoons juice of lime fresh
- 2 teaspoons olive oil
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 0.5 teaspoon sugar
- 0.5 pound tomatillos

Equipment

- food processor
- sauce pan
- grill
- ziploc bags

Directions

- Prepare grill to medium-high heat.
- Combine the first 4 ingredients in a large zip-top plastic bag.
- Add chicken to bag; seal and let stand for 15 minutes.
- Discard husks and stems from tomatillos.
- Combine tomatillos and broth in a small saucepan over medium-high heat; cover and cook 8 minutes.
- Drain and cool slightly.
- Combine tomatillos, cilantro, and next 6 ingredients (through jalapeo) in a food processor; process until smooth.
- Remove chicken from bag; discard marinade.
- Sprinkle chicken evenly with 1/4 teaspoon salt.
- Place on a grill rack coated with cooking spray; grill 6 minutes on each side or until chicken is done.
- Serve with tomatillo sauce.

Combine 1 cup long-grain rice and 2 cups fat-free, less-sodium chicken broth in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in 1/4 cup thinly sliced green onions and 1/2 teaspoon minced chipotle chile, canned in adobo sauce. If you're drinking, pour a Mexican beer.

Nutrition Facts

PROTEIN 62.67% **FAT 27.06%** **CARBS 10.27%**

Properties

Glycemic Index:65.77, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:20.777391003526%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 242.36kcal (12.12%), Fat: 7.14g (10.98%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.22g (3.58%), Cholesterol: 108.86mg (36.29%), Sodium: 461.85mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.2g (74.4%), Vitamin B3: 19.08mg (95.38%), Selenium: 55.75µg (79.64%), Vitamin B6: 1.36mg (68.09%), Phosphorus: 391.98mg (39.2%), Vitamin B5: 2.59mg (25.88%), Potassium: 844.12mg (24.12%), Vitamin K: 24.15µg (23%), Vitamin C: 17.24mg (20.9%), Magnesium: 60.07mg (15.02%), Vitamin B2: 0.21mg (12.33%), Vitamin B1: 0.15mg (9.95%), Manganese: 0.19mg (9.44%), Zinc: 1.2mg (7.98%), Iron: 1.37mg (7.61%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.4µg (6.62%), Fiber: 1.49g (5.94%), Copper: 0.12mg (5.85%), Vitamin A: 290.66IU (5.81%), Folate: 17.47µg (4.37%), Calcium: 27.04mg (2.7%), Vitamin D: 0.17µg (1.13%)