



Grilled Lime Chicken with Black Bean Sauce

 Gluten Free  Popular

READY IN



145 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 Tbsp juice of lime (from 3 to 4 limes)
- 2 Tbsp olive oil extra virgin
- 0.5 cup cilantro leaves fresh chopped to taste (more)
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon kosher salt
- 1.5 lbs chicken breasts boneless skinless thin
- 0.5 cup onion red chopped

- 2 Tbsp seasoned rice vinegar
- 4 servings avocados sour sliced
- 1 Tbsp olive oil
- 2 cloves garlic minced crushed
- 15 oz black beans canned
- 1.8 cups water
- 1 bay leaves
- 0.5 cup cilantro leaves loosely packed chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon kosher salt to taste

Equipment

- bowl
- sauce pan
- pot
- blender
- plastic wrap
- grill
- immersion blender

Directions

- Combine the lime juice, olive oil, cilantro, oregano, salt and pepper in a glass bowl and mix well. If the chicken breasts are not already thin cutlets, make them so by cutting them in half horizontally.
- They should be no more than 3/4-inch thick at their thickest point. Trim the chicken breasts of excess fat, then add them to the marinade. Cover with plastic wrap and chill in the refrigerator for 2 hours.
- Soak chopped red onion for garnish in rice wine vinegar and water:

- Place 1/2 cup chopped red onion in a small bowl and add a couple tablespoons of rice wine vinegar, and enough water to just cover the onions. Chill until dish is ready for garnish.
- Sauté onions for black bean sauce: First, taste the liquid in the canned beans. If it tastes good, use it, if not, drain the can, and rinse the beans. (Depending on the brand of canned beans, the liquid might be good tasting or not.)
- Heat 1 Tbsp of olive oil in a saucepan on medium heat. When hot, add the chopped red onions and cook for 5 minutes, until translucent.
- Add the minced garlic and cook a minute more.
- Add beans, water, bay leaf, spices, then simmer:
- Add the beans to pot, including the can liquid if using (if not, replace with water). Fill up the empty can with water and add that to the pot as well (about 1 3/4 cups of water).
- Add the bay leaf, chopped cilantro, oregano, black pepper, and salt. Increase the heat to bring to a boil, then reduce heat to maintain a low simmer.
- Simmer uncovered for 10 to 15 minutes.
- Remove from heat and let sit for a few minutes.
- Remove the bay leaf. Pulse in a blender (or use an immersion blender) until somewhat smooth. (Remember to only fill a blender a third of the way if you are blending hot liquids, and hold the top down while you blend.)
- Grill chicken breasts: Prepare your grill for medium-high, direct heat.
- Place the chicken breasts on the grill, and grill until they are just cooked through (approximately 1 1/2 to 2 minutes on each side).
- Remove to platter when grilled.
- Serve the grilled chicken with the black bean sauce.
- Sprinkle with the strained red onions, and garnish with sour cream, guacamole, tomatoes or fresh cilantro.

Nutrition Facts

PROTEIN 40.78% **FAT 37.3%** **CARBS 21.92%**

Properties

Glycemic Index:61.25, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:26.732173790102%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 428.36kcal (21.42%), Fat: 17.65g (27.16%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 15.02g (5.46%), Sugar: 1.72g (1.91%), Cholesterol: 115.94mg (38.65%), Sodium: 1054.44mg (45.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.42g (86.84%), Vitamin B3: 18.56mg (92.81%), Selenium: 56.72µg (81.03%), Vitamin B6: 1.4mg (70.19%), Phosphorus: 496.33mg (49.63%), Fiber: 8.33g (33.32%), Potassium: 1069.09mg (30.55%), Vitamin B5: 2.76mg (27.56%), Vitamin K: 24.76µg (23.58%), Magnesium: 91.67mg (22.92%), Manganese: 0.44mg (21.95%), Folate: 82.83µg (20.71%), Vitamin B2: 0.34mg (19.97%), Vitamin B1: 0.28mg (18.82%), Vitamin C: 14.83mg (17.97%), Iron: 3.2mg (17.8%), Copper: 0.31mg (15.34%), Vitamin E: 2.18mg (14.51%), Zinc: 1.73mg (11.52%), Calcium: 88.75mg (8.88%), Vitamin A: 428.1IU (8.56%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.17µg (1.13%)