



Grilled Rosemary Chicken with Chunky Tomato-Avocado Salsa



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



206 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce chicken cutlets
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salsa
- ☐ 0.3 teaspoon salt

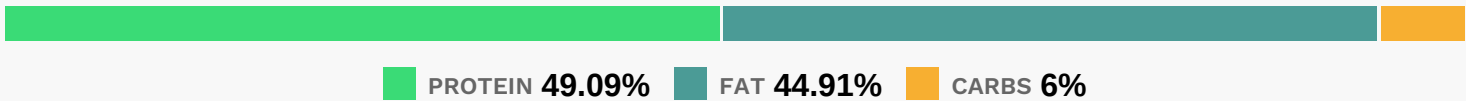
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Combine first 4 ingredients in a large heavy-duty zip-top plastic bag.
- ☐ Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with salt and pepper, and add to bag; seal. Marinate in refrigerator 30 minutes.
- ☐ Prepare grill.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Place chicken on a grill rack coated with cooking spray. Grill 3 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:12.706956391749%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 205.81kcal (10.29%), Fat: 10.04g (15.45%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.24g (1.38%), Cholesterol: 72.57mg (24.19%), Sodium: 488.04mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Vitamin B3: 12.21mg (61.03%), Selenium: 36.87µg (52.67%), Vitamin B6: 0.93mg (46.63%), Phosphorus: 252.56mg (25.26%), Vitamin B5: 1.7mg (16.98%), Potassium: 518.18mg (14.81%), Vitamin E: 1.62mg (10.78%), Magnesium: 35.76mg (8.94%), Vitamin B2: 0.13mg (7.46%), Vitamin B1: 0.09mg (5.87%), Vitamin K: 6.02µg (5.74%), Manganese: 0.11mg (5.56%), Zinc: 0.75mg (5.02%), Vitamin A: 203.1IU (4.06%), Iron: 0.71mg (3.93%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.74mg (3.32%), Copper: 0.06mg (3.07%), Fiber: 0.72g (2.88%), Calcium: 21mg (2.1%), Folate: 6.44µg (1.61%)