



Grilled Sweet Chili Chicken With Mango-Cucumber Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



107 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon ginger fresh minced
- 2 tablespoons honey
- 1 teaspoon jalapeno minced
- 4 servings mango-cucumber slaw
- 3 tablespoons florida's natural premium brand orange juice
- 1 tablespoon lite soy sauce
- 0.5 cup chili sauce sweet

4 pilgrim's pride boneless skinless

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Equipment

bowl

whisk

grill

Directions

Whisk together first 6 ingredients in a small bowl until blended.

Remove and reserve half of sweet chili sauce mixture.

Coat cold cooking grate with cooking spray, and place on grill over medium heat (300 to 350). Lightly spray chicken with cooking spray, and place on cooking grate. Grill chicken 6 minutes on each side or until done, basting with sweet chili sauce mixture during last few minutes on each side.

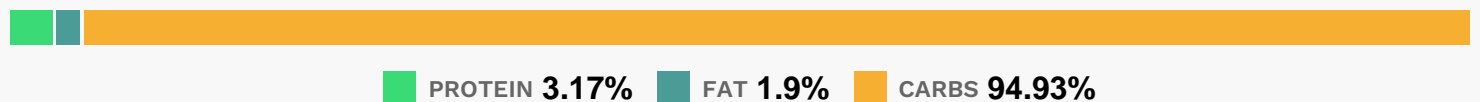
Divide Mango-Cucumber Slaw evenly among 4 serving plates, topping each with 1 chicken breast.

Drizzle with reserved half of sweet chili sauce mixture, and, if desired, sprinkle with roasted peanuts.

* 1 tsp. sambal oelek may be substituted for minced jalapeo. Sambal oelek is an Indonesian chili sauce that can be found in the ethnic aisle of the supermarket.

Note: For testing purposes only, we used Maggi Taste of Asia Thai Sweet Chili Sauce.

Nutrition Facts



Properties

Glycemic Index:54.51, Glycemic Load:5.32, Inflammation Score:-1, Nutrition Score:1.1895652419847%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg,

Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 107.38kcal (5.37%), Fat: 0.23g (0.36%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25.96g (9.44%), Sugar: 25.2g (28%), Cholesterol: 0mg (0%), Sodium: 570.78mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Vitamin C: 8.3mg (10.06%), Manganese: 0.04mg (1.78%), Folate: 5.67µg (1.42%), Potassium: 47.35mg (1.35%), Vitamin B3: 0.27mg (1.34%), Fiber: 0.33g (1.34%), Vitamin B6: 0.02mg (1.19%), Iron: 0.18mg (1.02%)