



 **44%**
HEALTH SCORE

Island Mojito Chicken and Rice With Salsa Tropicale

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



725 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon balsamic vinegar
- 0.5 bell pepper diced
- 1 teaspoon ground pepper
- 1 teaspoon pepper flakes hot minced
- 4 servings ground pepper for added heat
- 2.5 lbs chicken breast
- 1 pepper flakes diced seeded

- 0.3 cup cilantro leaves chopped
- 0.5 cup cilantro leaves chopped
- 0.5 teaspoon cinnamon
- 2 tablespoons cumin
- 1 garlic clove minced
- 2 garlic clove minced
- 0.3 cup spring onion chopped
- 3 spring onion chopped
- 1 jalapeno minced seeded
- 1 juice of lime
- 0.5 cup juice of lime fresh
- 1 tablespoon lime zest
- 0.5 cup mint leaves chopped
- 1 teaspoon olive oil
- 0.5 cup onion diced
- 1 small cranberry-orange relish diced peeled
- 1 pinch pepper
- 0.5 over-ripe plantain diced ripe peeled
- 1 cup rice
- 0.5 cup rum
- 1 pinch salt
- 1 teaspoon salt
- 0.3 cup sugar
- 1 pinch sugar
- 1 tomatoes diced seeded
- 2 cups water

Equipment

- bowl

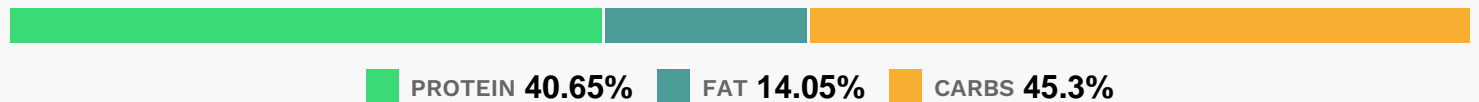
sauce pan

blender

Directions

- Combine all marinade ingredients together in a blender. Blend until smooth.
- Pour into a zipper seal bag.
- Add olive oil to a medium sauce pan with a tight fitting lid placed over medium heat and warm for one minute,.
- Add rice and saute stirring almost constantly until rice begins to turn clear and just a little brown on the edges.Toss in remaining ingredients EXCEPT WATER and saute for one minute.
- Place diced tomato, bell pepper, hot pepper, onion, orange and cilantro in a bowl.In a separate bowl mix the zest and lime, balsamic vinegar, sugar, salt, pepper and cayenne, if desired.
- Pour liquids over fruit and mix well.
- Let stand at room temp for at least 5 minutes. Taste and adjust seasoning as desired.
- Place chicken in center of plate, surround with a circle of rice, place salsa on top of chicken.Note: Feel free to adjust seasonings to your liking. Amount of hot pepper can be increased or omitted if you prefer.

Nutrition Facts



Properties

Glycemic Index:213.47, Glycemic Load:34.37, Inflammation Score:-10, Nutrition Score:41.770000110502%

Flavonoids

Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg Hesperetin: 11.14mg, Hesperetin: 11.14mg, Hesperetin: 11.14mg, Hesperetin: 11.14mg Naringenin: 4.08mg, Naringenin: 4.08mg, Naringenin: 4.08mg, Naringenin: 4.08mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 724.95kcal (36.25%), Fat: 10.23g (15.74%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 74.26g (24.75%), Net Carbohydrates: 69.09g (25.12%), Sugar: 23.61g (26.24%), Cholesterol: 181.44mg (60.48%), Sodium: 946.48mg (41.15%), Alcohol: 10.02g (100%), Alcohol %: 1.83% (100%), Protein: 66.62g (133.25%), Vitamin B3: 31.72mg (158.61%), Selenium: 99.29µg (141.85%), Vitamin B6: 2.58mg (128.83%), Vitamin C: 87.21mg (105.71%), Phosphorus: 726.5mg (72.65%), Vitamin A: 2963.38IU (59.27%), Vitamin K: 56.72µg (54.02%), Manganese: 1.04mg (52.1%), Vitamin B5: 4.88mg (48.83%), Potassium: 1689.15mg (48.26%), Magnesium: 134.62mg (33.65%), Iron: 4.79mg (26.58%), Vitamin B2: 0.45mg (26.29%), Vitamin B1: 0.35mg (23.06%), Fiber: 5.17g (20.68%), Zinc: 2.8mg (18.68%), Copper: 0.37mg (18.55%), Folate: 71.2µg (17.8%), Vitamin E: 2.49mg (16.61%), Calcium: 123.43mg (12.34%), Vitamin B12: 0.57µg (9.45%), Vitamin D: 0.28µg (1.89%)