



Macadamia-and-Mango Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 6 skinned and boned chicken breast halves
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons macadamia nuts chopped
- ☐ 6 servings mustard sauce
- ☐ 1 tablespoon olive oil
- ☐ 6 servings mango salsa

☐ 0.5 cup soya sauce

Equipment

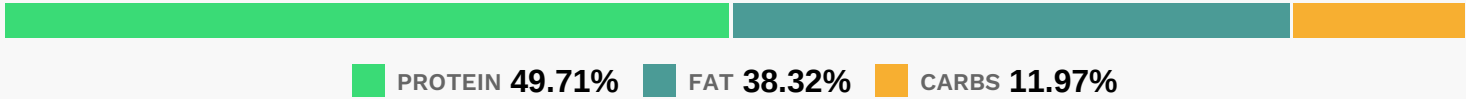
☐ grill

☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a shallow dish or heavy-duty zip-top plastic bag; add chicken. Cover or seal, and chill 1 hour, turning once.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Grill, covered with lid, over medium high heat (350 to 40
- ☐ minutes on each side or until done.
- ☐ Drizzle with Mustard Sauce; sprinkle with chopped nuts.
- ☐ Serve with Mango Salsa.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:14.676956674327%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 218.63kcal (10.93%), Fat: 9.31g (14.32%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.8g (4.23%), Cholesterol: 72.32mg (24.11%), Sodium: 1477.03mg (64.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Vitamin B3: 13.07mg (65.36%), Selenium: 38.65µg (55.22%), Vitamin B6: 0.97mg (48.62%), Phosphorus: 289.2mg (28.92%), Manganese: 0.4mg (19.79%), Vitamin B5: 1.81mg (18.1%), Potassium: 575.62mg (16.45%), Magnesium: 51.39mg (12.85%), Vitamin B1: 0.17mg (11.08%), Vitamin B2: 0.17mg (9.72%), Iron: 1.32mg (7.35%), Vitamin E: 0.99mg (6.58%), Copper: 0.12mg (6.18%), Zinc: 0.91mg (6.09%), Fiber: 1.4g (5.61%), Vitamin A: 191.14IU (3.82%), Vitamin B12: 0.23µg (3.77%), Calcium: 29.42mg (2.94%), Vitamin K: 3.07µg (2.92%), Vitamin C: 2.37mg (2.88%), Folate: 10.27µg (2.57%)