



Mango Salsa Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs dried
- ☐ 1 eggs
- ☐ 1 sprig cilantro leaves fresh for garnish
- ☐ 0.5 bell pepper green minced
- ☐ 1 mangos fresh ripe
- ☐ 0.3 cup milk
- ☐ 0.3 cup olive oil
- ☐ 1 chile pepper fresh red seeded chopped
- ☐ 0.5 onion diced red finely

☐ 4 chicken breasts boneless skinless

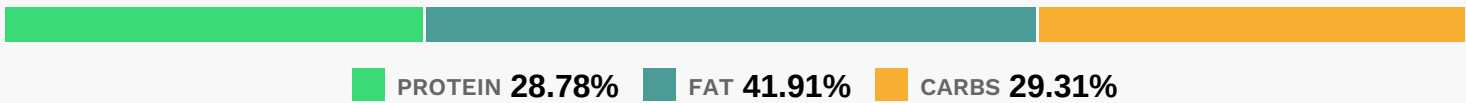
Equipment

☐ bowl

Directions

- ☐ TO MAKE SALSA: In a small bowl, combine the mango, onion, cilantro, green bell pepper and red chile pepper. Put aside until serving time.
- ☐ Lightly pound the chicken breasts with a mallet to flatten. Beat the egg and milk together. Then coat them in the egg/milk mixture then the breadcrumbs. Chill for 1/2 hour.
- ☐ Saute the chicken in olive oil until cooked through and juices run clear.
- ☐ Drain and serve with the mango salsa.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:50.94, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:23.330434913221%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 423.83kcal (21.19%), Fat: 19.68g (30.28%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.26g (10.28%), Sugar: 11.08g (12.31%), Cholesterol: 115.07mg (38.36%), Sodium: 353.16mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.81%), Vitamin B3: 14.18mg (70.9%), Selenium: 47.07µg (67.24%), Vitamin C: 49.47mg (59.97%), Vitamin B6: 1.08mg (53.81%), Phosphorus:

338.32mg (33.83%), Vitamin B1: 0.38mg (25.61%), Vitamin B5: 2.14mg (21.44%), Vitamin B2: 0.33mg (19.48%), Potassium: 681.09mg (19.46%), Vitamin E: 2.92mg (19.45%), Manganese: 0.36mg (18.02%), Vitamin A: 874.09IU (17.48%), Folate: 67.83µg (16.96%), Vitamin K: 16.67µg (15.87%), Magnesium: 54.9mg (13.72%), Iron: 2.28mg (12.65%), Fiber: 2.71g (10.85%), Copper: 0.2mg (9.78%), Calcium: 92.36mg (9.24%), Zinc: 1.37mg (9.15%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 0.5µg (3.34%)