

# Margarita Chicken I

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

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**347 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon garlic powder
- 2 tablespoons juice of lemon
- 2 tablespoons juice of lime
- 4 cups margarita cocktail prepared
- 4 chicken breast halves boneless skinless

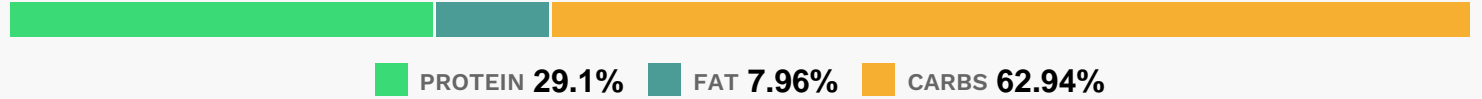
## Equipment

- frying pan

## Directions

- In a large skillet combine the margarita mix, lemon juice, lime juice and garlic powder.
- Mix together, then add chicken. Simmer over medium heat for 15 to 20 minutes, or until margarita mix has become a light glaze and chicken is cooked through (no longer pink inside).

## Nutrition Facts



## Properties

Glycemic Index:1.25, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:11.370434780484%

## Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 346.64kcal (17.33%), Fat: 2.96g (4.56%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 52.5g (19.09%), Sugar: 50.49g (56.1%), Cholesterol: 72.32mg (24.11%), Sodium: 300.07mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin B3: 11.82mg (59.1%), Selenium: 36.65µg (52.36%), Vitamin B6: 0.89mg (44.29%), Phosphorus: 247.23mg (24.72%), Vitamin B5: 1.64mg (16.44%), Potassium: 458.46mg (13.1%), Magnesium: 31.97mg (7.99%), Vitamin C: 6.53mg (7.92%), Vitamin B2: 0.12mg (6.95%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.72mg (4.83%), Vitamin B12: 0.23µg (3.77%), Iron: 0.54mg (3.02%), Copper: 0.04mg (2.22%), Manganese: 0.04mg (1.94%), Folate: 7.71µg (1.93%), Vitamin E: 0.26mg (1.71%)