



Marinated Grilled Chicken Breast with Watermelon-Jalapeno Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 1 tablespoon olive oil extravirgin
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic clove minced
- 0.8 teaspoon ground cumin
- 2 tablespoons jalapeno seeded finely chopped (1 small)
- 1 tablespoon juice of lime fresh

- 1 cup mangos ripe cubed peeled ()
- 1 tablespoon oregano fresh chopped
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 0.5 teaspoon sugar
- 2 cups watermelon cubed seeded ()

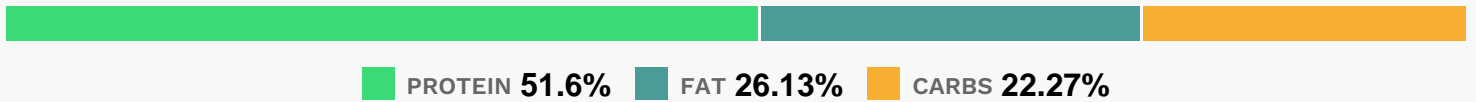
Equipment

- grill
- ziploc bags

Directions

- Combine first 6 ingredients in a large zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator up to 4 hours, turning bag occasionally.
- Prepare grill.
- Place chicken on a grill rack coated with cooking spray. Grill 5 minutes on each side or until done.
- Combine watermelon and remaining ingredients.
- Serve watermelon mixture with chicken.

Nutrition Facts



Properties

Glycemic Index:81.88, Glycemic Load:7.79, Inflammation Score:-9, Nutrition Score:23.251304331033%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 290.97kcal (14.55%), Fat: 8.44g (12.98%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.03g (5.1%), Sugar: 11.78g (13.09%), Cholesterol: 108.86mg (36.29%), Sodium: 644.9mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.5g (75%), Vitamin B3: 18.42mg (92.08%), Selenium: 55.57µg (79.39%), Vitamin B6: 1.46mg (72.78%), Vitamin C: 34.79mg (42.17%), Phosphorus: 385.47mg (38.55%), Vitamin B5: 2.74mg (27.44%), Potassium: 863.77mg (24.68%), Vitamin A: 1200.69IU (24.01%), Magnesium: 64.49mg (16.12%), Vitamin K: 14.68µg (13.98%), Vitamin B2: 0.23mg (13.27%), Vitamin E: 1.95mg (13.02%), Manganese: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.97%), Iron: 1.78mg (9.9%), Fiber: 2.16g (8.63%), Folate: 34.45µg (8.61%), Zinc: 1.23mg (8.21%), Copper: 0.16mg (7.79%), Vitamin B12: 0.34µg (5.67%), Calcium: 51.71mg (5.17%), Vitamin D: 0.17µg (1.13%)