



Mesquite Chicken Breasts with Lime-Avocado Salsa

READY IN



40 min.

SERVINGS



40

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado chopped
- 6 oz take smokey mesquite bbq recipe cheese breadcrumb mix mixed fresh
- 2 cups cherry tomatoes quartered
- 1 Tbsp cilantro leaves fresh chopped
- 2 Tbsp juice of lime fresh
- 0.5 cup onions red sliced
- 1.5 lb chicken breasts boneless skinless

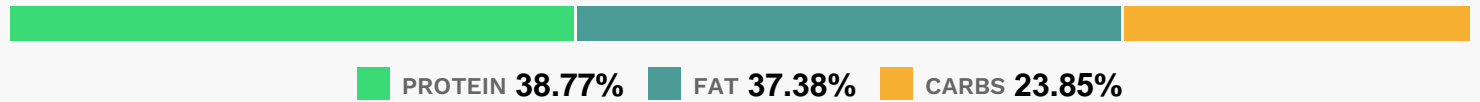
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375F.
- Coat chicken with cheese mixture as directed on package; place on baking sheet sprayed with cooking spray.
- Bake 28 to 30 min. or until chicken is done (165F). Meanwhile, combine remaining ingredients.
- Serve chicken with salsa.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.4352174031994%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 41.41kcal (2.07%), Fat: 1.73g (2.66%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.32g (0.35%), Cholesterol: 12.12mg (4.04%), Sodium: 37.16mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin B3: 1.9mg (9.52%), Selenium: 5.51µg (7.87%), Vitamin B6: 0.15mg (7.45%), Phosphorus: 41.11mg (4.11%), Vitamin C: 2.82mg (3.42%), Potassium: 116.37mg (3.32%), Vitamin B5: 0.33mg (3.25%), Fiber: 0.51g (2.03%), Magnesium: 6.81mg (1.7%), Folate: 6.18µg (1.55%), Vitamin B2: 0.03mg (1.52%), Iron: 0.27mg (1.52%), Vitamin K: 1.34µg (1.28%), Vitamin B1: 0.02mg (1.2%), Vitamin E: 0.18mg (1.2%), Copper: 0.02mg (1.04%), Manganese: 0.02mg (1.01%), Vitamin A: 50.26IU (1.01%)