



Mesquite Chicken Breasts with Lime-Avocado Salsa

READY IN



40 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

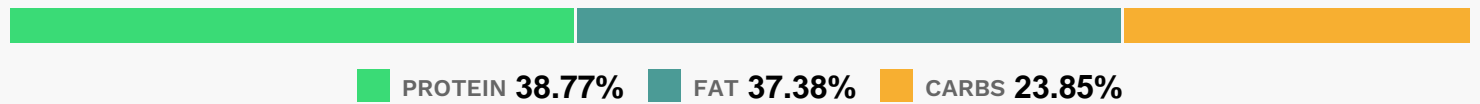
Equipment

- 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:16.5, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:16.236956845159%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 276.09kcal (13.8%), Fat: 11.53g (17.74%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.17g (4.79%), Sugar: 2.1g (2.34%), Cholesterol: 80.8mg (26.93%), Sodium: 247.74mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.83%), Vitamin B3: 12.7mg (63.49%), Selenium: 36.74µg (52.49%), Vitamin B6: 0.99mg (49.63%), Phosphorus: 274.06mg (27.41%), Vitamin C: 18.82mg (22.82%), Potassium: 775.8mg (22.17%), Vitamin B5: 2.17mg (21.68%), Fiber: 3.38g (13.52%), Magnesium: 45.42mg (11.35%),

Folate: 41.2µg (10.3%), Vitamin B2: 0.17mg (10.14%), Iron: 1.83mg (10.14%), Vitamin K: 8.94µg (8.52%), Vitamin B1: 0.12mg (8.02%), Vitamin E: 1.2mg (8.02%), Copper: 0.14mg (6.91%), Manganese: 0.14mg (6.76%), Vitamin A: 335.05IU (6.7%), Zinc: 0.97mg (6.46%), Vitamin B12: 0.23µg (3.78%), Calcium: 23.78mg (2.38%)