



Mojo Marinated Chicken with Grilled Purple Potatoes and Charred Corn and Black Bean Salsa with Grilled Flour Tortilla

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can black beans drained and rinsed
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 1 ear corn
- ☐ 4 flour tortillas
- ☐ 6 cloves garlic minced
- ☐ 1 small bell pepper green cored seeded sliced

- ☐ 1 jalapeño seeded sliced
- ☐ 1 optional: lemon halved
- ☐ 1 lime halved
- ☐ 4 servings olive oil
- ☐ 6 medium purple potatoes sliced
- ☐ 4 roma tomatoes chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds chicken breast boneless skinless
- ☐ 1 small onion white chopped

Equipment

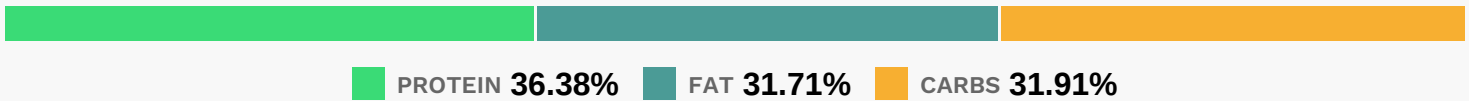
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat a grill or grill pan on medium heat.
- ☐ Season the chicken with salt and pepper, to taste, and grill until golden brown on each side and cooked through, about 4 minutes per side.
- ☐ Transfer the chicken to a cutting board.
- ☐ Put the potatoes in a small pot of water over medium heat and bring to a boil. Reduce the heat and simmer for just a few minutes until potatoes are cooked, but not soft.
- ☐ Drain the potatoes and add them to a bowl.
- ☐ Add some olive oil and season with salt and pepper, to taste. Toss the potatoes to coat with the oil. Put on the grill and cook for 1 minute on each side.
- ☐ Remove from the grill to a serving dish.

- ☐ In a large saute pan over medium-high heat, heat 1 tablespoon olive oil.
- ☐ Add the corn, onion, and garlic and saute for 2 to 3 minutes.
- ☐ Add black beans and cook 2 minutes.
- ☐ Remove the pan from the heat and stir in the peppers, tomato and cilantro. Squeeze in the juice from 1 lemon and 1 lime.
- ☐ Transfer to a serving bowl.
- ☐ Slice the chicken and arrange on a serving platter.
- ☐ Serve with the grilled potatoes, the corn and bean salsa and flour tortillas.

Nutrition Facts



Properties

Glycemic Index:94.06, Glycemic Load:10.72, Inflammation Score:-9, Nutrition Score:39.522173974825%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 655.24kcal (32.76%), Fat: 23.25g (35.76%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 52.64g (17.55%), Net Carbohydrates: 40.32g (14.66%), Sugar: 6.73g (7.47%), Cholesterol: 145.15mg (48.38%), Sodium: 904.29mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.01g (120.02%), Vitamin B3: 26.98mg (134.88%), Selenium: 81.8µg (116.86%), Vitamin B6: 2.09mg (104.72%), Vitamin C: 62.68mg (75.97%), Phosphorus: 729mg (72.9%), Fiber: 12.31g (49.25%), Potassium: 1682.45mg (48.07%), Vitamin B5: 3.96mg (39.56%), Vitamin B1: 0.57mg (38.11%), Manganese: 0.74mg (36.76%), Folate: 137.22µg (34.3%), Magnesium: 133.56mg (33.39%), Vitamin B2: 0.5mg (29.51%), Iron: 5.02mg (27.91%), Vitamin K: 25.18µg (23.98%), Copper: 0.44mg (21.84%), Vitamin E: 3.13mg (20.86%), Vitamin A: 888.15IU (17.76%), Zinc: 2.5mg (16.64%), Calcium: 131.31mg (13.13%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)