



## Pan-Grilled Chicken with Cranberry Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons balsamic vinegar
- 0.1 teaspoon pepper black
- 2 tablespoons cilantro leaves fresh divided minced
- 0.3 cup spring onion minced
- 1 tablespoon jalapeno minced
- 1.5 tablespoons juice of lime divided
- 0.3 teaspoon salt
- 16 ounce chicken breast halves

## Equipment

- bowl
- plastic wrap
- rolling pin
- grill pan
- meat tenderizer

## Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to a 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle with salt and pepper.
- Heat a grill pan over medium-high heat; cook chicken for 5 minutes on each side or until done. Keep warm.
- Combine onions, jalapeos, vinegar, and cranberry sauce in a medium bowl. Stir in 1 tablespoon cilantro and 1 tablespoon lime juice.
- Combine 1 tablespoon cilantro, 1 1/2 teaspoons lime juice, and cream cheese in a small bowl; stir well to combine. Spoon salsa evenly onto individual plates.
- Place chicken on top of salsa; top with a dollop of cilantro cream.
- Serve immediately.

## Nutrition Facts

 **PROTEIN 74.11%**  **FAT 20.4%**  **CARBS 5.49%**

## Properties

Glycemic Index:44.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:12.528261003287%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Quercetin: 1.21mg

## Nutrients (% of daily need)

Calories: 136.84kcal (6.84%), Fat: 2.97g (4.57%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.82g (0.91%), Cholesterol: 72.57mg (24.19%), Sodium: 279.12mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Vitamin B3: 11.93mg (59.65%), Selenium: 36.36µg (51.95%), Vitamin B6: 0.87mg (43.64%), Phosphorus: 243.65mg (24.37%), Vitamin K: 18.93µg (18.03%), Vitamin B5: 1.64mg (16.43%), Potassium: 463.16mg (13.23%), Vitamin C: 9.12mg (11.05%), Magnesium: 32.63mg (8.16%), Vitamin B2: 0.12mg (7.29%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 174.18IU (3.48%), Iron: 0.59mg (3.26%), Folate: 11.58µg (2.89%), Vitamin E: 0.41mg (2.76%), Manganese: 0.05mg (2.37%), Copper: 0.04mg (2.14%), Fiber: 0.37g (1.46%), Calcium: 14.08mg (1.41%)