



Pan-Grilled Chicken with Fresh Plum Salsa



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 16 oz chicken breast
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 small jalapeno diced seeded
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 cup plums ripe chopped (2 plums)

- ☐ 2 tablespoons onion red chopped
- ☐ 0.8 teaspoon salt divided

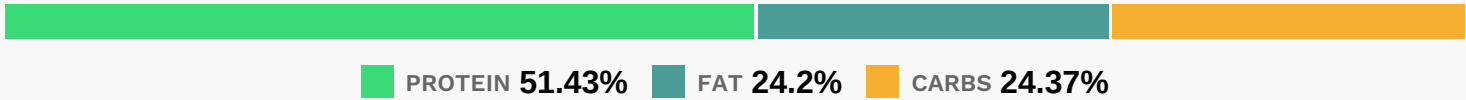
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Stir together plums, next 4 ingredients, and 1/4 tsp. salt in a medium bowl.
- ☐ Stir together brown sugar, cumin, and remaining 1/2 tsp. salt in a small bowl. Rub chicken with brown sugar mixture.
- ☐ Cook chicken in hot oil in a grill pan or nonstick skillet over medium heat 3 minutes on each side or until done.
- ☐ Serve with plum mixture.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:12.894347947577%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Quercetin: 1.58mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 193.54kcal (9.68%), Fat: 5.13g (7.9%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.82g (3.93%), Sugar: 10.32g (11.47%), Cholesterol: 72.57mg (24.19%), Sodium: 570.1mg (24.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.09%), Vitamin B3: 12.08mg (60.4%), Selenium: 36.42µg (52.03%), Vitamin B6: 0.89mg (44.4%), Phosphorus: 249.49mg (24.95%), Vitamin B5: 1.7mg (17.02%), Potassium: 518.75mg (14.82%), Vitamin C: 10.75mg (13.03%), Magnesium: 35.7mg (8.93%), Vitamin K: 8.92µg (8.49%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.09mg (6.02%), Vitamin A: 271.34IU (5.43%), Vitamin E: 0.76mg (5.06%), Zinc: 0.74mg (4.92%), Iron: 0.77mg (4.26%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.07mg (3.68%), Copper: 0.07mg (3.38%), Fiber: 0.81g (3.25%), Folate: 9.51µg (2.38%), Calcium: 19.43mg (1.94%)