



Pollo Rancho Luna (Rancho Luna Chicken)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup parsley fresh finely chopped
- 3 tablespoons korean marinade (such as Goya)
- 4 teaspoons juice of lime fresh
- 0.5 cup onion finely chopped
- 16 ounce chicken breast halves boneless skinless
- 1 teaspoon vegetable oil

Equipment

- bowl

- frying pan
- ziploc bags

Directions

- Combine chicken and mojo in a large zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning occasionally.
- Combine onion and parsley in a small bowl.
- Remove chicken from bag; pat dry.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 4 minutes on each side or until done.
- Drizzle each breast with 1 teaspoon lime juice; top each serving with 2 tablespoons onion mixture.
- Serve with lime wedges, if desired.

Nutrition Facts

PROTEIN 61.8% **FAT 22.85%** **CARBS 15.35%**

Properties

Glycemic Index:14.75, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:14.729565330174%

Flavonoids

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 Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 168.3kcal (8.42%), Fat: 4.12g (6.33%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.04g (4.49%), Cholesterol: 72.57mg (24.19%), Sodium: 344.02mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Vitamin K: 63.91µg (60.86%), Vitamin B3: 11.91mg (59.53%), Selenium: 36.4µg (51.99%), Vitamin B6: 0.88mg (43.93%), Phosphorus: 246.81mg (24.68%), Vitamin B5: 1.66mg (16.62%), Potassium: 481.56mg (13.76%), Vitamin C: 9.33mg (11.31%), Magnesium: 33.76mg

(8.44%), Vitamin B2: 0.12mg (7.25%), Vitamin A: 352.82IU (7.06%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.74mg (4.91%), Iron: 0.7mg (3.88%), Vitamin B12: 0.23µg (3.78%), Folate: 14.54µg (3.63%), Manganese: 0.05mg (2.49%), Vitamin E: 0.35mg (2.34%), Copper: 0.05mg (2.27%), Fiber: 0.48g (1.93%), Calcium: 16.14mg (1.61%)