



Raspberry-Chipotle Chicken Breasts with Cucumber Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chipotle chile canned minced
- ☐ 3 cups cucumber english shaved
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated

- ☐ 2 tablespoons raspberry jam seedless
- ☐ 0.5 cup onion red vertically sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.5 teaspoon sugar

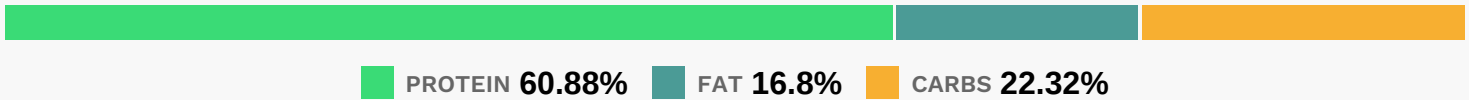
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients in a small saucepan, stirring with a whisk until smooth. Cook over medium heat 4 minutes or until slightly syrupy.
- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and pepper. Grill chicken 6 minutes on each side or until done. Spoon raspberry mixture over chicken.
- ☐ Combine remaining 1/8 teaspoon salt, cucumber, and remaining ingredients in a medium bowl; toss to combine.

Nutrition Facts



Properties

Glycemic Index:61.52, Glycemic Load:4.58, Inflammation Score:-4, Nutrition Score:18.872608863789%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 249.46kcal (12.47%), Fat: 4.53g (6.97%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 12.26g (4.46%), Sugar: 7.86g (8.73%), Cholesterol: 108.86mg (36.29%), Sodium: 421.5mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.93%), Vitamin B3: 17.86mg (89.3%), Selenium: 55.09µg (78.7%), Vitamin B6: 1.34mg (67.16%), Phosphorus: 386.1mg (38.61%), Vitamin B5: 2.67mg (26.66%), Potassium: 793.94mg (22.68%), Magnesium: 57.79mg (14.45%), Vitamin K: 13.46µg (12.82%), Vitamin B2: 0.21mg (12.4%), Vitamin C: 8.6mg (10.42%), Vitamin B1: 0.14mg (9.59%), Zinc: 1.2mg (8%), Manganese: 0.15mg (7.44%), Iron: 1.08mg (6%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.29g (5.17%), Copper: 0.1mg (5.09%), Folate: 17.79µg (4.45%), Calcium: 30.73mg (3.07%), Vitamin A: 137.21IU (2.74%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.17µg (1.13%)