



Salsa Marinated Chicken with Mexican Rice

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 can black beans
- ☐ 2 cups chicken stock see
- ☐ 1 jalapeño chile pepper finely chopped
- ☐ 1 fresno chile pepper thinly sliced
- ☐ 2 cloves made into a paste grated
- ☐ 0.3 cup evoo
- ☐ 1 handful cilantro leaves fresh generous chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 lime
- ☐ 4 servings pepper freshly ground
- ☐ 4 large plum tomatoes
- ☐ 4 servings salt
- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 1 cup rice long-grain white
- ☐ 1 small onion red yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan
- ☐ box grater

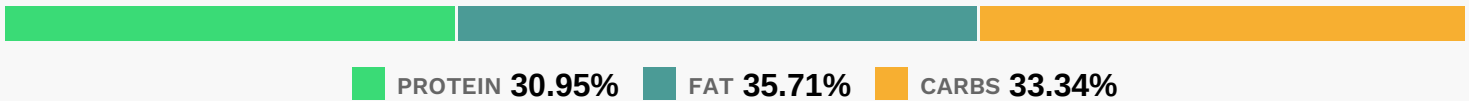
Directions

- ☐ Using the large holes of a box grater, grate the tomatoes and the onion into a bowl.
- ☐ Add the garlic, chile peppers and cilantro and stir to combine.
- ☐ Place half of the salsa in a plastic tub or storage container, season with a little salt, cover and store in the refrigerator.
- ☐ Place the remaining salsa in a large resealable plastic bag and add the EVOO.
- ☐ Sprinkle the chicken liberally with salt and pepper and add it to the bag, shaking it around to coat it with the marinade. Double-bag the chicken in case the first bag leaks. Marinate in the refrigerator for 30 minutes and up to 2 hours.
- ☐ Preheat a grill or a grill pan to medium-high heat.
- ☐ Meanwhile, melt the butter in a medium pot over medium heat.

- ☐
- Add the rice and cook, stirring, until golden brown, 3 to 4 minutes.

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Nutrition Facts



Properties

Glycemic Index:103.8, Glycemic Load:24.36, Inflammation Score:-8, Nutrition Score:37.669130646664%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 811.67kcal (40.58%), Fat: 31.95g (49.15%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 57.12g (20.77%), Sugar: 5.82g (6.47%), Cholesterol: 163.8mg (54.6%), Sodium: 1109.36mg (48.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.28g (124.57%), Vitamin B3: 27.6mg (138%), Selenium: 83.99µg (119.98%), Vitamin B6: 2.07mg (103.58%), Phosphorus: 712.59mg (71.26%), Vitamin C: 41.84mg (50.72%), Manganese: 0.95mg (47.34%), Potassium: 1608.62mg (45.96%), Vitamin B5: 4.07mg (40.72%), Fiber: 9.99g (39.95%), Magnesium: 127.94mg (31.98%), Vitamin B2: 0.52mg (30.58%), Vitamin B1: 0.42mg (28.11%), Folate: 103.95µg (25.99%), Vitamin E: 3.89mg (25.91%), Copper: 0.51mg (25.7%), Iron: 4.24mg (23.55%), Vitamin K: 22.82µg (21.73%), Vitamin A: 992.67IU (19.85%), Zinc: 2.8mg (18.69%), Calcium: 90.83mg (9.08%), Vitamin B12: 0.47µg (7.76%), Vitamin D: 0.23µg (1.51%)