



Sandy's Grilled Chicken with Fruit Salsa

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons tequila
- 0.3 cup spring onion thinly sliced
- 2 teaspoons jalapeno chopped
- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest grated
- 1 medium cranberry-orange relish peeled chopped
- 1 tablespoon orange zest grated

- 2 medium peaches peeled chopped
- 0.3 teaspoon pepper
- 4 cups the salad mixed
- 0.8 teaspoon salt
- 1.3 pounds chicken breast halves boneless skinless
- 0.3 cup vegetable oil
- 10 cherry tomatoes diced red yellow seeded

Equipment

- bowl
- grill

Directions

- Mix 1/4 cup lime juice, 1/4 cup olive oil, 1 tablespoon tequila and 1 teaspoon chili in shallow glass or plastic dish.
- Sprinkle chicken with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- Add chicken to marinade; turn to coat. Cover and refrigerate 30 minutes.
- Mix remaining ingredients except salad greens in glass or plastic bowl. Stir in remaining 1 tablespoon lime juice, 1 tablespoon olive oil, 1 tablespoon tequila, 1 teaspoon chili, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover and refrigerate while grilling chicken.
- Heat coals or gas grill.
- Remove chicken from marinade; reserve marinade. Cover and grill chicken 4 to 6 inches from medium heat 10 to 20 minutes, brushing 2 or 3 times with marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade.
- Divide salad greens among 4 plates. Slice chicken; arrange on greens. Spoon fruit salsa over chicken.

Nutrition Facts

 **PROTEIN 36.3%**  **FAT 44.72%**  **CARBS 18.98%**

Properties

Glycemic Index:64.44, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:23.797825852166%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 10.5mg, Hesperetin: 10.5mg, Hesperetin: 10.5mg, Hesperetin: 10.5mg Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 368.96kcal (18.45%), Fat: 17.66g (27.17%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 14.14g (5.14%), Sugar: 10.94g (12.15%), Cholesterol: 90.72mg (30.24%), Sodium: 627.27mg (27.27%), Alcohol: 2.51g (100%), Alcohol %: 0.83% (100%), Protein: 32.25g (64.5%), Vitamin B3: 16.04mg (80.21%), Selenium: 47.57µg (67.95%), Vitamin C: 52.3mg (63.4%), Vitamin B6: 1.19mg (59.52%), Vitamin K: 45.58µg (43.41%), Phosphorus: 352.72mg (35.27%), Potassium: 888.64mg (25.39%), Vitamin A: 1194.48IU (23.89%), Vitamin B5: 2.37mg (23.66%), Vitamin E: 2.42mg (16.11%), Magnesium: 58.03mg (14.51%), Vitamin B2: 0.22mg (12.94%), Folate: 47.64µg (11.91%), Vitamin B1: 0.18mg (11.73%), Fiber: 2.73g (10.94%), Manganese: 0.22mg (10.82%), Copper: 0.18mg (9.07%), Iron: 1.52mg (8.44%), Zinc: 1.22mg (8.11%), Vitamin B12: 0.28µg (4.72%), Calcium: 44.05mg (4.41%)