



Santa Fe Grilled Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 pound plum tomatoes diced
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

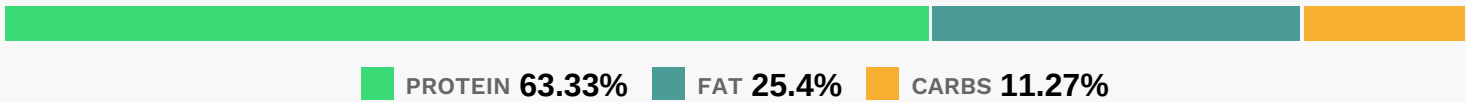
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt and pepper; place in a shallow dish.
- ☐ Combine lime juice and olive oil in a small bowl; stir well, and pour over chicken. Cover chicken, and marinate in refrigerator 3 hours, turning occasionally.
- ☐ Combine tomato and next 4 ingredients in a small bowl. Cover and chill thoroughly.
- ☐ Prepare grill.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Place chicken on grill rack coated with cooking spray; cover and grill 5 to 6 minutes on each side or until done.
- ☐ Serve with chilled tomato mixture.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:20.815217292827%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 240.17kcal (12.01%), Fat: 6.62g (10.19%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.13g (1.87%), Sugar: 3.3g (3.67%), Cholesterol: 108.86mg (36.29%), Sodium: 348.76mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.15g (74.3%), Vitamin B3: 18.34mg (91.72%), Selenium: 54.54µg (77.92%), Vitamin B6: 1.38mg (69.11%), Phosphorus: 386.22mg (38.62%), Vitamin C: 25.3mg (30.66%), Vitamin B5: 2.56mg (25.56%), Potassium: 889.49mg (25.41%), Vitamin A: 831.19IU (16.62%), Magnesium: 57.69mg (14.42%), Vitamin B2: 0.2mg (11.54%), Vitamin B1: 0.15mg (10.22%), Vitamin K: 10.27µg (9.78%), Manganese: 0.17mg (8.4%), Vitamin E: 1.26mg (8.4%), Zinc: 1.18mg (7.87%), Folate: 25.33µg (6.33%), Fiber: 1.47g (5.89%), Vitamin B12: 0.34µg (5.67%), Copper: 0.11mg (5.58%), Iron: 0.98mg (5.43%), Calcium: 24.66mg (2.47%), Vitamin D: 0.17µg (1.13%)