



## Santa Fe Grilled Chicken with Mango Salsa

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 chicken breast boneless skinless
- 0.3 cup juice of lime
- 0.3 cup soya sauce
- 0.3 cup wine
- 1 tablespoon olive oil
- 2 teaspoons chili powder
- 2 teaspoons cumin seeds
- 2 teaspoons ground coriander

- 6 cloves garlic finely chopped
- 1 tablespoon honey
- 1 mangos diced peeled
- 0.5 medium onion diced red
- 0.5 medium bell pepper diced red
- 1 small jalapeno finely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 2 tablespoons juice of lime
- 1 teaspoon salt
- 8 6-inch corn tortillas white yellow soft ()
- 1 avocado pitted peeled thinly sliced

## Equipment

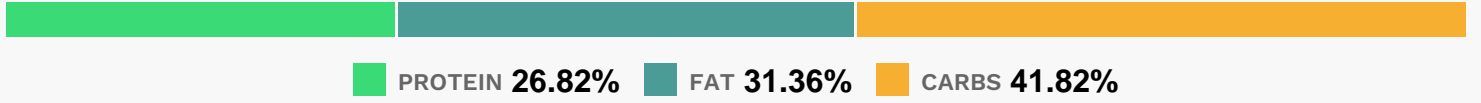
- bowl
- grill
- ziploc bags
- cutting board

## Directions

- Place chicken in shallow glass or plastic dish or resealable food-storage plastic bag. In small bowl, mix 1/3 cup lime juice, the soy sauce, wine, oil, chili powder, cumin seed, coriander, garlic and honey.
- Pour over chicken, turning to coat with marinade. Cover dish or seal bag; refrigerate 1 hour.
- Meanwhile, in small bowl, mix all salsa ingredients. Set aside.
- Heat gas or charcoal grill.
- Remove chicken from marinade; discard marinade.
- Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Add tortillas to grill for 1 minute or until heated through.

- Remove chicken from grill to cutting board; cut into thin slices.
- Place 2 tortillas on each serving plate; top with chicken, mango salsa and avocado.

## Nutrition Facts



### Properties

Glycemic Index:95.63, Glycemic Load:17.38, Inflammation Score:-9, Nutrition Score:28.619565238123%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

### Nutrients (% of daily need)

Calories: 455.13kcal (22.76%), Fat: 16.16g (24.87%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 39.16g (14.24%), Sugar: 14.54g (16.16%), Cholesterol: 72.32mg (24.11%), Sodium: 1571.98mg (68.35%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 31.1g (62.21%), Vitamin B3: 14.84mg (74.22%), Vitamin C: 59.5mg (72.13%), Vitamin B6: 1.36mg (67.75%), Selenium: 41.3µg (59%), Phosphorus: 487.41mg (48.74%), Fiber: 9.32g (37.3%), Vitamin A: 1508.92IU (30.18%), Potassium: 1051.4mg (30.04%), Manganese: 0.57mg (28.71%), Magnesium: 109.51mg (27.38%), Vitamin B5: 2.68mg (26.78%), Folate: 86.75µg (21.69%), Vitamin E: 3.22mg (21.45%), Vitamin B2: 0.3mg (17.76%), Vitamin K: 18.52µg (17.64%), Copper: 0.35mg (17.27%), Iron: 3.06mg (16.97%), Vitamin B1: 0.22mg (14.78%), Zinc: 2.08mg (13.85%), Calcium: 100.93mg (10.09%), Vitamin B12: 0.23µg (3.77%)