



Sautéed Chicken Breasts with Pico de Gallo

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 tablespoons canola oil divided
- ☐ 1 jalapeno finely chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 cup tomatoes seeded chopped
- ☐ 0.3 cup onion white chopped

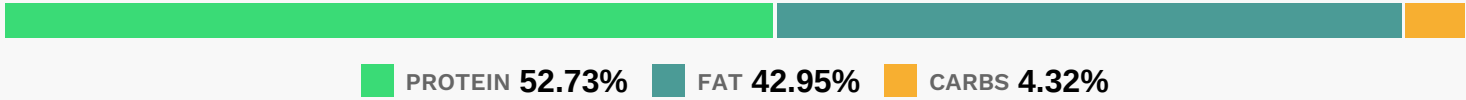
Equipment

☐ frying pan

Directions

- ☐ Combine first 3 ingredients, 2 tablespoons oil, and 1/4 teaspoon salt.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Sprinkle both sides of chicken with remaining 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Serve with pico de gallo.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:18.86086957351%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 284.63kcal (14.23%), Fat: 13.26g (20.4%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.69g (1.88%), Cholesterol: 108.86mg (36.29%), Sodium: 490.52mg (21.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Vitamin B3: 18.02mg (90.12%), Selenium: 54.52µg (77.88%), Vitamin B6: 1.33mg (66.74%), Phosphorus: 371.12mg (37.11%), Vitamin B5: 2.49mg (24.86%), Potassium: 747.51mg (21.36%), Vitamin C: 12.28mg (14.89%), Vitamin E: 2.18mg (14.57%), Magnesium: 50.4mg (12.6%), Vitamin B2: 0.18mg (10.79%), Vitamin K: 10.43µg (9.93%), Vitamin B1: 0.13mg (8.69%), Vitamin A: 400IU (8%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.34µg (5.67%), Manganese: 0.11mg (5.26%), Iron: 0.78mg (4.34%), Folate: 15.89µg (3.97%), Copper: 0.08mg (3.83%), Fiber: 0.8g (3.21%), Calcium: 16.45mg (1.65%), Vitamin D: 0.17µg (1.13%)