



Seared Chicken with Avocado



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 1.5 teaspoons blackened seasoning
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 lime cut into fourths
- ☐ 2 tablespoons juice of lime fresh (1 lime)
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

☐

16 ounce chicken breast halves boneless skinless

Equipment

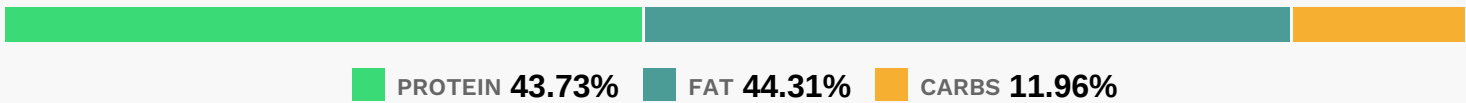
☐

frying pan

Directions

- ☐
- Sprinkle seasoning on both sides of chicken.
- ☐
- Heat oil in a large nonstick skillet over high heat.
- ☐
- Add chicken to pan, smooth side down; cook 1 minute or until seared. Reduce heat to medium; cook 3 minutes on each side or until lightly browned.
- ☐
- Combine avocado, cilantro, pepper, lime juice, and salt. Squeeze one-fourth lime over each piece of chicken before serving.
- ☐
- Serve with avocado mixture.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:16.189130301061%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 226.47kcal (11.32%), Fat: 11.38g (17.5%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.89g (0.99%), Cholesterol: 72.57mg (24.19%), Sodium: 480.9mg (20.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.53%), Vitamin B3: 12.79mg (63.96%), Selenium: 36.58µg (52.26%), Vitamin B6: 1mg (50.18%), Phosphorus: 269.34mg (26.93%), Vitamin B5: 2.37mg (23.72%), Vitamin C: 17.72mg (21.47%), Potassium: 698.91mg (19.97%), Fiber: 3.97g (15.88%), Vitamin K: 12.79µg (12.19%),

Folate: 48.4µg (12.1%), Magnesium: 46.24mg (11.56%), Vitamin B2: 0.19mg (10.94%), Vitamin E: 1.58mg (10.56%),
Vitamin B1: 0.11mg (7.65%), Copper: 0.14mg (7.06%), Zinc: 1.01mg (6.73%), Manganese: 0.1mg (4.78%), Iron: 0.82mg
(4.57%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 170.74IU (3.41%), Calcium: 18.93mg (1.89%)