



Sesame-Crusted Chicken With Pineapple Salsa

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce skinned and boned chicken breast halves
- 2 tablespoons ginger fresh minced
- 4 servings pineapple salsa
- 0.5 teaspoon salt
- 0.5 cup sesame seed
- 2 teaspoons vegetable oil

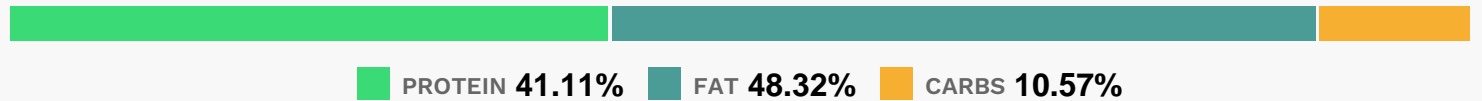
Equipment

- frying pan
- oven
- broiler pan

Directions

- Bake sesame seeds in a shallow pan at 350, stirring frequently, 5 minutes or until toasted; cool.
- Combine sesame seeds, ginger, and oil, stirring well.
- Sprinkle chicken with salt; coat with sesame seed mixture, and place on a lightly greased rack in a broiler pan.
- Bake chicken at 400 for 20 to 25 minutes or until done. Top evenly with Pineapple Salsa, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:20.063913096552%

Nutrients (% of daily need)

Calories: 268.68kcal (13.43%), Fat: 14.59g (22.44%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 4.32g (1.57%), Sugar: 1.33g (1.48%), Cholesterol: 72.57mg (24.19%), Sodium: 634.66mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.85%), Vitamin B3: 13.06mg (65.29%), Selenium: 43.05µg (61.5%), Vitamin B6: 1.06mg (52.97%), Copper: 0.82mg (41.25%), Phosphorus: 367.5mg (36.75%), Manganese: 0.52mg (26.16%), Magnesium: 101.61mg (25.4%), Calcium: 198.18mg (19.82%), Iron: 3.31mg (18.37%), Potassium: 604.47mg (17.27%), Vitamin B5: 1.7mg (16.97%), Vitamin B1: 0.23mg (15.53%), Zinc: 2.19mg (14.58%), Fiber: 2.86g (11.43%), Vitamin B2: 0.17mg (10.07%), Folate: 24.39µg (6.1%), Vitamin E: 0.85mg (5.64%), Vitamin K: 5.71µg (5.44%), Vitamin A: 189.31IU (3.79%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.14mg (2.6%)