



South-of-the-Border Grilled Chicken and Green Tomatoes

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tomatoes green cut into 4 (1/2-inch-thick) slices
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces queso fresco crumbled
- ☐ 16 ounce salsa fresh
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

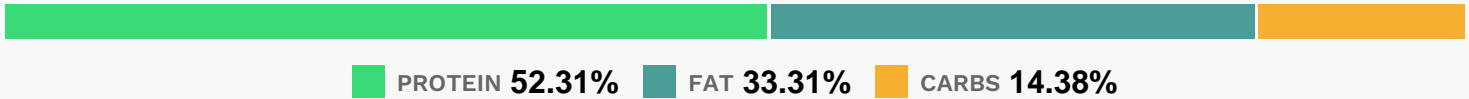
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Drain salsa in a colander over a bowl, reserving liquid. Set salsa aside.
- ☐ Combine reserved liquid, oil, salt, and pepper in a large zip-top plastic bag.
- ☐ Add chicken and tomato to bag; seal and shake gently to coat. Chill 30 minutes.
- ☐ Prepare grill.
- ☐ Remove chicken and tomato from bag, reserving marinade.
- ☐ Place chicken on grill rack coated with cooking spray; pour reserved marinade over chicken.
- ☐ Place tomato slices on grill rack. Grill chicken 6 minutes on each side or until done. Grill tomatoes 5 minutes on each side or until lightly browned.
- ☐ Serve chicken with tomatoes; top with reserved salsa and queso fresco.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:24.586521853571%

Nutrients (% of daily need)

Calories: 314.58kcal (15.73%), Fat: 11.62g (17.88%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.53g (3.1%), Sugar: 7.11g (7.9%), Cholesterol: 118.64mg (39.55%), Sodium: 1201.09mg (52.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.12%), Vitamin B3: 19.32mg (96.62%), Selenium: 58.44µg (83.49%), Vitamin B6: 1.53mg (76.73%), Phosphorus: 465.48mg (46.55%), Potassium: 1067.4mg (30.5%), Vitamin B5: 3.01mg (30.13%), Vitamin C: 18.59mg (22.53%), Vitamin A: 1105.1IU (22.1%), Magnesium: 71mg (17.75%), Vitamin E: 2.5mg (16.65%), Vitamin B2: 0.26mg (15.04%), Vitamin K: 13.77µg (13.11%), Calcium: 129.16mg (12.92%), Vitamin B1: 0.19mg (12.77%), Manganese: 0.23mg (11.67%), Fiber: 2.75g (11%), Zinc: 1.62mg (10.83%), Vitamin B12:

0.58µg (9.64%), Copper: 0.18mg (9.07%), Iron: 1.48mg (8.23%), Folate: 17.89µg (4.47%), Vitamin D: 0.55µg (3.69%)