



Southwestern Chicken

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons garlic powder
- 1 teaspoon chili powder
- 0.5 teaspoon salt
- 0.5 teaspoon paprika
- 16 ounces chicken breast halves boneless skinless
- 2 teaspoons juice of lime

Equipment

- bowl

frying pan

Directions

In a small bowl, combine the garlic powder, chili powder, salt and paprika. Rub over both sides of chicken. In a large skillet coated with cooking spray, brown chicken on both sides; drizzle with lime juice. Cover and cook for 5–7 minutes or until chicken juices run clear.

Nutrition Facts

PROTEIN 74.07% **FAT 20.82%** **CARBS 5.11%**

Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:11.573478304822%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.98kcal (6.85%), Fat: 3.05g (4.7%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.14g (0.16%), Cholesterol: 72.57mg (24.19%), Sodium: 431.55mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.87%), Vitamin B3: 11.93mg (59.63%), Selenium: 36.77µg (52.52%), Vitamin B6: 0.89mg (44.55%), Phosphorus: 246.98mg (24.7%), Vitamin B5: 1.64mg (16.41%), Potassium: 455.9mg (13.03%), Magnesium: 32.04mg (8.01%), Vitamin B2: 0.12mg (7.27%), Vitamin A: 306.65IU (6.13%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.74mg (4.92%), Vitamin B12: 0.23µg (3.78%), Iron: 0.65mg (3.6%), Vitamin E: 0.49mg (3.3%), Vitamin C: 2.13mg (2.59%), Copper: 0.05mg (2.31%), Manganese: 0.05mg (2.27%), Fiber: 0.41g (1.63%), Folate: 5.75µg (1.44%)