



Southwestern Grilled Chicken with Mango Salsa



Gluten Free



Dairy Free

READY IN



96 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp chili powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup juice of lime
- ☐ 2 cups mangos peeled chopped
- ☐ 0.5 cup oil
- ☐ 1 env. seasons dressing mix italian good

- ☐ 0.5 cup bell pepper red chopped
- ☐ 1.8 lb chicken breasts boneless skinless

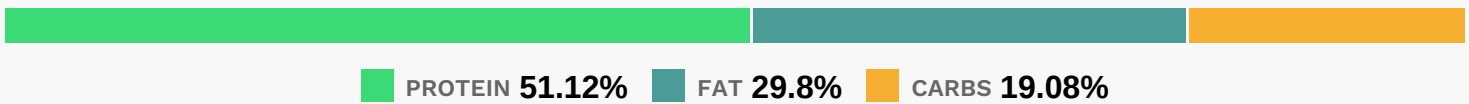
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Mix dressing mix, oil, lime juice, cilantro and chili powder until well blended.
- ☐ Pour 1/2 cup of the dressing mixture over chicken in resealable plastic bag; seal bag. Refrigerate 1 hour to marinate.
- ☐ Mix remaining dressing mixture, mangos, red peppers and onions in medium bowl; cover. Refrigerate until ready to use.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 minutes on each side or until cooked through.
- ☐ Serve with mango mixture.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:4.1, Inflammation Score:-8, Nutrition Score:19.403043368588%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 227.12kcal (11.36%), Fat: 7.5g (11.53%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 9.23g (3.36%), Sugar: 8.46g (9.4%), Cholesterol: 84.67mg (28.22%), Sodium: 176.23mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.86%), Vitamin B3: 14.41mg (72.03%), Selenium: 42.84µg (61.19%), Vitamin B6: 1.11mg (55.59%), Vitamin C: 42.28mg (51.24%), Phosphorus: 294.92mg (29.49%), Vitamin A: 1290.09IU (25.8%), Vitamin K: 25.7µg (24.47%), Vitamin B5: 2.06mg (20.59%), Potassium: 655.15mg (18.72%), Vitamin E: 1.85mg (12.35%), Magnesium: 44.7mg (11.18%), Vitamin B2: 0.18mg (10.43%), Folate: 41.53µg (10.38%), Vitamin B1: 0.12mg (7.7%), Fiber: 1.57g (6.29%), Zinc: 0.91mg (6.07%), Copper: 0.11mg (5.73%), Iron: 0.85mg (4.74%), Manganese: 0.09mg (4.7%), Vitamin B12: 0.26µg (4.41%), Calcium: 22.88mg (2.29%)