



 **12%**  
HEALTH SCORE

## Southwestern Lime Chicken with Ancho Chili Sauce

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**327 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings ancho chili pepper
- 0.5 teaspoon ground pepper
- 1.5 teaspoons chili powder
- 1 tablespoon rosemary leaves fresh chopped
- 1 tablespoon garlic minced
- 0.5 cup juice of lime fresh
- 8 slices monterrey jack cheese

- 2 tablespoons oregano fresh chopped
- 8 chicken breast halves boneless skinless
- 6 tablespoons soya sauce
- 2 tablespoons sugar
- 0.3 cup vegetable oil

## Equipment

- bowl
- whisk
- grill
- glass baking pan

## Directions

- Combine first 9 ingredients in medium bowl; whisk to blend.
- Place chicken in 13 x 9 x 2-inch glass baking dish.
- Pour marinade over. Cover and refrigerate overnight, turning occasionally.
- Prepare barbecue (medium-high heat).
- Remove chicken breasts from marinade. Grill chicken until just cooked through, turning occasionally, about 10 minutes.
- Place 1 cheese slice atop each chicken breast half; cover barbecue and cook until cheese melts, about 2 minutes.
- Transfer chicken breasts to plates.
- Serve with Ancho Chili Sauce.

## Nutrition Facts



## Properties

Glycemic Index:22.39, Glycemic Load:2.36, Inflammation Score:-9, Nutrition Score:17.563913101735%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 326.74kcal (16.34%), Fat: 18.46g (28.41%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.2g (2.25%), Sugar: 4.13g (4.59%), Cholesterol: 97.24mg (32.41%), Sodium: 1061.17mg (46.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.38%), Vitamin B3: 12.58mg (62.88%), Selenium: 40.68µg (58.12%), Vitamin B6: 0.95mg (47.33%), Phosphorus: 387.91mg (38.79%), Calcium: 243.82mg (24.38%), Vitamin K: 22.91µg (21.82%), Vitamin B5: 1.77mg (17.71%), Vitamin B2: 0.27mg (15.9%), Potassium: 537.12mg (15.35%), Vitamin A: 713.53IU (14.27%), Magnesium: 49.03mg (12.26%), Zinc: 1.64mg (10.95%), Manganese: 0.19mg (9.44%), Iron: 1.59mg (8.81%), Vitamin E: 1.32mg (8.79%), Vitamin C: 6.7mg (8.12%), Vitamin B12: 0.46µg (7.64%), Vitamin B1: 0.09mg (6.32%), Fiber: 1.21g (4.83%), Folate: 17.51µg (4.38%), Copper: 0.08mg (4.01%), Vitamin D: 0.28µg (1.87%)