



Spiced Grilled Chicken Breasts with Corn-Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon chili powder
- ☐ 2 cups whole-kernel corn frozen thawed
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons prechopped onion
- ☐ 0.3 teaspoon paprika
- ☐ 1 Dash pepper black
- ☐ 1 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

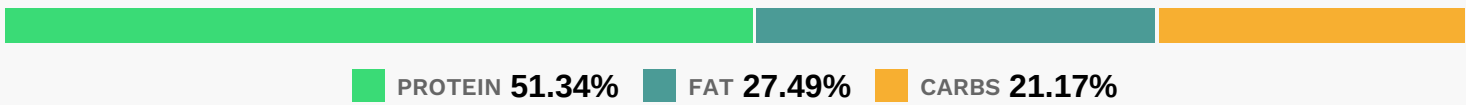
Equipment

- ☐ bowl
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients in a small bowl. Rub spice mixture over both sides of chicken breasts.
- ☐ Heat oil in a grill pan over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ While chicken cooks, combine corn and remaining ingredients in a bowl.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:26.292608836423%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg

0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 298.19kcal (14.91%), Fat: 9.2g (14.16%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 13.02g (4.73%), Sugar: 5.73g (6.37%), Cholesterol: 108.86mg (36.29%), Sodium: 667.9mg (29.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.36%), Vitamin B3: 19.06mg (95.3%), Selenium: 55.14µg (78.77%), Vitamin B6: 1.44mg (72.12%), Vitamin C: 56.57mg (68.57%), Phosphorus: 412.46mg (41.25%), Vitamin K: 38.37µg (36.54%), Vitamin A: 1666.08IU (33.32%), Vitamin B5: 2.87mg (28.68%), Potassium: 866.55mg (24.76%), Vitamin B2: 0.29mg (16.92%), Magnesium: 63.84mg (15.96%), Folate: 59.8µg (14.95%), Vitamin E: 1.89mg (12.57%), Fiber: 2.93g (11.72%), Vitamin B1: 0.17mg (11.33%), Manganese: 0.21mg (10.35%), Zinc: 1.42mg (9.5%), Iron: 1.45mg (8.07%), Vitamin B12: 0.34µg (5.67%), Copper: 0.1mg (4.85%), Calcium: 24.03mg (2.4%), Vitamin D: 0.17µg (1.13%)