






 **13%**  
HEALTH SCORE

# Spicy Avocado Chicken

 **Gluten Free**  **Dairy Free**

READY IN  
  
**35 min.**

SERVINGS  
  
**4**

CALORIES  
  
**285 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 1 avocado diced
- 0.3 teaspoon ground pepper
- 0.3 teaspoon pepper black
- 4 servings pepper black to taste
- 2 tablespoons juice of lime
- 2 tablespoons olive oil
- 1 onion red minced
- 1 teaspoon salt

4 chicken breast halves boneless skinless

## Equipment

bowl

frying pan

kitchen thermometer

## Directions

Stir 1 teaspoon salt, 1/4 teaspoon black pepper, and cayenne pepper together in a small bowl; rub evenly into the chicken breasts.

Heat the olive oil in a skillet over medium heat; cook the chicken in the heated oil until no longer pink in the center and the juices run clear, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Stir the onion, lime juice, and avocado together in a bowl; season with salt and pepper. Spoon over the chicken breasts to serve.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:0.97, Inflammation Score:-5, Nutrition Score:16.413478250089%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## Nutrients (% of daily need)

Calories: 284.94kcal (14.25%), Fat: 17.38g (26.73%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 3.75g (1.36%), Sugar: 1.64g (1.82%), Cholesterol: 72.32mg (24.11%), Sodium: 717.44mg (31.19%), Alcohol: Og (100%), Protein: 25.37g (50.73%), Vitamin B3: 12.72mg (63.58%), Selenium: 36.53µg (52.19%), Vitamin B6: 1.02mg (50.75%), Phosphorus: 273.18mg (27.32%), Vitamin B5: 2.35mg (23.54%), Potassium: 716.44mg (20.47%), Fiber: 3.96g (15.82%), Vitamin E: 2.32mg (15.5%), Vitamin K: 15.62µg (14.87%), Vitamin C: 10.76mg (13.04%), Folate: 51.37µg (12.84%), Magnesium: 47.89mg (11.97%), Vitamin B2: 0.19mg (11.08%), Vitamin B1: 0.12mg (8.08%), Manganese: 0.16mg (7.89%), Copper: 0.14mg (7.13%), Zinc: 1.04mg (6.91%), Iron: 0.83mg (4.64%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 164.81IU (3.3%), Calcium: 20.67mg (2.07%)