



Spicy Cumin-Crusted Chicken with Orange-Chipotle Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cumin seeds
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings orange-chipotle sauce
- ☐ 16 ounce chicken breast halves boneless skinless

Equipment

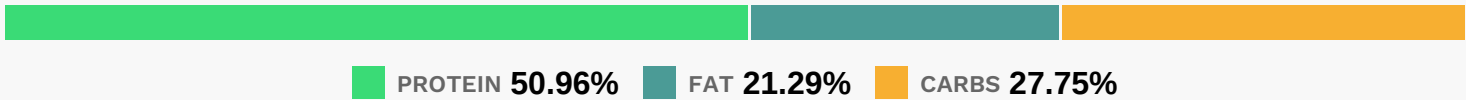
- ☐ bowl

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine the first 3 ingredients in a small bowl. Rub both sides of chicken with the spice mixture.
- ☐ Place chicken on grill rack coated with cooking spray; cover and grill 6 minutes.
- ☐ Uncover the chicken, and brush with 1/2 cup Orange–Chipotle Sauce; cook for 6 minutes or until done, turning once.
- ☐ Serve with remaining sauce.
- ☐ Totals include Orange–Chipotle Sauce.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:3.75, Inflammation Score:-6, Nutrition Score:19.428260982037%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 203.14kcal (10.16%), Fat: 4.9g (7.55%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 11.32g (4.12%), Sugar: 8.6g (9.56%), Cholesterol: 72.57mg (24.19%), Sodium: 436.25mg (18.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Vitamin B3: 12.46mg (62.32%), Vitamin C: 49.88mg (60.46%), Selenium: 37.18µg (53.11%), Vitamin B6: 0.94mg (47%), Iron: 6.05mg (33.63%), Phosphorus: 292.52mg (29.25%), Potassium: 733.19mg (20.95%), Vitamin B5: 1.84mg (18.43%), Magnesium: 69.2mg (17.3%), Manganese: 0.33mg (16.7%), Vitamin B1: 0.2mg (13.56%), Fiber: 3.07g (12.27%), Calcium: 119.99mg (12%), Vitamin B2: 0.18mg (10.4%), Folate: 32.39µg (8.1%), Zinc: 1.12mg (7.49%), Copper: 0.15mg (7.26%), Vitamin A: 343.04IU (6.86%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.23µg (3.78%)