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# CILANTRO LIME CHICKEN

Serving Size: 3

Prep Time: 5 minutes

Marinate: 15 minutes

Total Time: 40 minutes

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## INGREDIENTS

- 1 1/2 lb skinless, boneless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 4 tablespoon finely chopped cilantro
- 2 tablespoons lime juice
- 1 heaping teaspoon red chili flakes
- 1/2 tsp salt (optional)

## DIRECTIONS

1. Preheat oven to 350F.
2. Whisk all marinade ingredients together in a big bowl and mix well.
3. Add the chicken into marinade and coat well.
4. Let marinade for at least 15 minutes, longer is better.
5. Place chicken on a baking sheet and bake for 20-25 minutes or until juices run clear.
6. Serve and squeeze fresh lime juice on top.

*a taste of the tropics*

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## Why Chicken Breasts?

Chicken breasts are a very lean meat and contain only 3 grams of saturated fat per serving. They are a great source of protein and contain 27 grams per 3 ounce portion.

## Benefits of Marinating Meats

Marinating meats are an easy way to add powerful flavor! Marinades also serve as a way to tenderize lean meats. The acids provided in marinades, such as lime juice in this tasty cilantro lime chicken, alter the muscle fibers breaking them down and thus making them more tender as you eat them.

## Choose More Citrus!

Citrus fruits such as limes, lemons, oranges, and grapefruits are an excellent source of vitamin C. Citrus fruits are packed with vitamins and minerals and can even aid in absorption of other nutrients.

One serving of cilantro lime chicken is low in fat and high in monounsaturated fats from the olive oil in the marinade, which is a healthy fat. In addition, it's a great source of protein, providing 45 grams per serving. The cilantro lime chicken contains almost 20% of your daily vitamin C intake, too! Incorporating fresh herbs and spices is a great way to add flavor as well.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	1 breast
<b>calories</b> 358	
	% Daily Value *
<b>Total Fat</b> 20 g	<b>31 %</b>
Saturated Fat 3 g	15 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 110 mg	<b>37 %</b>
<b>Sodium</b> 471 mg	<b>20 %</b>
<b>Potassium</b> 564 mg	<b>16 %</b>
<b>Total Carbohydrate</b> 4 g	<b>1 %</b>
<b>Dietary Fiber</b> 1 g	<b>3 %</b>
<b>Sugars</b> 1 g	
<b>Protein</b> 45 g	<b>90 %</b>
Vitamin A	48 %
Vitamin C	18 %
Calcium	6 %
Iron	13 %