

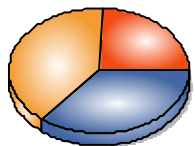


Honey Crusted Chicken with Mango Salsa

By: Created by DrJez LLC

Recipe grams: 2286.25g/80.6oz

Serves 4 571.56g/20.2oz per serving



Protein: 23%
Carbohydrates: 62%
Fat: 14%

INGREDIENTS

1/4 cup HONEY, STRAINED OR EXTRACTED
2 tbsp MUSTARD, PREPARED, DIJON
1 tsp PAPRIKA
1 tsp GARLIC POWDER
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
4 breasts CHICKEN BREAST, BONELESS
1 cup CORN FLAKES, PLAIN, RTE
4 tbsp PECAN, DRIED, RAW
2 fruits MANGO, RAW
2 medium BANANA, RAW
8 slices PINEAPPLE, SLICED IN JUICE
1 NLEA-serving ONION, SWEET, RAW
1 pepper SERRANO PEPPER, RAW
1 oz ORANGE JUICE CONCENTRATE
1 tbsp LIME JUICE
2 tbsp SPEARMINT LEAF, FRESH
2 fruits KIWIFRUIT, FRESH, RAW (CHINESE GOOSEBERRY)

DIRECTIONS

Make Salsa ahead if possible as flavors combine in time.

Cut mango, banana, kiwi and pineapple into chunks. Chop onion.

Slice serrano pepper and remove ALL seeds and membranes unless more heat is desired. Chop finely.

Combine all fruits with orange concentrate, lime juice and mint. Allow flavors to combine in refrigerator.

Preheat oven to 400 degrees.

Coat a baking pan with a wire rack with cooking spray.

Combine honey, mustard, and spices in a small bowl. Using a brush, lightly brush the breasts with the mixture.

Crush the pecans into small pieces. Lightly crush the corn flakes and combine with pecans in a shallow dish. Coat the chicken breasts with the corn flake mixture and place on baking rack. Repeat with remaining breasts.

Lightly spray breasts with cooking spray and bake until done, about 35-40 minutes.

Place a bed of red leaf lettuce on a plate, Set a cooked breast and top with salsa.

Nutrition Facts

Serving Size: 1 serving (571.6g)

Servings: 1

Amount Per Serving

Calories 530 Calories from Fat 80

% Daily Value*

Total Fat 9g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 80mg **25%**

Sodium 1090mg **45%**

Total Carbohydrate 86g **30%**

Dietary Fiber 7g **30%**

Sugars 61g

Protein 33g

Vitamin A 30% • Vitamin C 160%

Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.