

Triple Mango Chicken

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Servings: 4

1 tablespoon olive oil
4 skinless/boneless chicken breast halves
1 mango, seeded, peeled and cubed
1/2 cup mango-blend fruit drink
1/4 cup mango chutney
2 medium zucchini, thinly sliced lengthwise

In a very large skillet, heat the oil over medium-high heat. Reduce heat to medium. Add the chicken. Cook for 6 minutes; turn. Add the mango cubes, mango drink and chutney. Cook 4 to 6 minutes or until the chicken is no longer pink, stirring occasionally.

Meanwhile, place the zucchini and 1/4 cup of water in a microwave-safe two-quart square dish. Cover with vented plastic wrap. Microcook on HIGH for 2 to 3 minutes, stirring once. Drain.

Place the chicken on top of the zucchini. Season with salt and crushed red pepper.

Mango nectar, carrot juice or orange juice may be substituted for the mango drink.

Per Serving (excluding unknown items): 116 Calories; 4g Fat (26.8% calories from fat); 1g Protein; 21g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	.2mg
% Calories from Fat:	26.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	30mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	21g		

Food Exchanges

Dietary Fiber (g): 3g
Protein (g): 1g
Sodium (mg): 8mg
Potassium (mg): 340mg
Calcium (mg): 22mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 24mg
Vitamin A (i.u.): 2487IU
Vitamin A (r.e.): 244 1/2RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 1
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 116 Calories from Fat: 31

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	21g	7%
Dietary Fiber	3g	11%
Protein	1g	

Vitamin A	50%
Vitamin C	40%
Calcium	2%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*