

Chicken Breasts with Chunky Salsa

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Servings: 4

1/2 cup Miracle Whip®
1/2 cup ranch salad dressing
1/2 teaspoon ground red pepper
4 (1-1/4 pound total) boneless/
skinless chicken breast
CHUNKY SALSA
1 cup prepared salsa
1/2 cup tomato, finely chopped
1/4 cup green pepper, finely chopped
2 tablespoons cilantro, chopped

Preparation Time: 15 minutes

Grill: 20 minutes

In a bowl, mix together the Miracle Whip, ranch dressing and red pepper until well blended.

Place the chicken on the grill over medium-hot coals (the coals will have a slight glow) or the rack of a broiler pan.

Grill, covered, or broil for 8 to 10 minutes on each side until tender, brushing frequently with the dressing mixture.

Serve with chunky salsa.

For more flavor, marinate the chicken in the dressing mixture for 20 minutes or more before cooking.

Per Serving (excluding unknown items): 304 Calories; 30g Fat (86.8% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 529mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 6 Fat; 1/2 Other Carbohydrates.

Chicken, Grilled

Per Serving Nutritional Analysis

Calories (kcal):	304	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	10.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	30g	Folacin (mcg):	8mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	15mg	% Daily*	0 0%
	8g		

Food Exchanges

Carbohydrate (g):		Grain (Starch):	0
Dietary Fiber (g):	1g	Lean Meat:	0
Protein (g):	2g	Vegetable:	1/2
Sodium (mg):	529mg	Fruit:	0
Potassium (mg):	119mg	Non-Fat Milk:	0
Calcium (mg):	38mg	Fat:	6
Iron (mg):	1mg	Other Carbohydrates:	1/2
Zinc (mg):	trace		
Vitamin C (mg):	19mg		
Vitamin A (i.u.):	451IU		
Vitamin A (r.e.):	45RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 304 **Calories from Fat:** 264

% Daily Values*

Total Fat 30g	46%
Saturated Fat 5g	25%
Cholesterol 15mg	5%
Sodium 529mg	22%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	2%
Protein 2g	

Vitamin A	9%
Vitamin C	31%
Calcium	4%
Iron	3%

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