

Cajun Chicken with Mardi Gras Salsa

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-dip-mix-recipe>

Ingredients:

- 4 chicken breasts
- Cajun seasoning I used Emeril's Essence
- 2 cups pineapple chopped
- 1/4 cup red onion chopped
- 1/2 jalapeno seeded & minced
- 2 tablespoons chopped cilantro
- juice a lime
- pepper
- salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 460 milligrams
9. Sugar: 14 grams

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