

Aztec Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted ripe peeled halved cut into 1/2-inch cubes
- ☐ 6 chicken breast halves boneless with skin
- ☐ 6 tablespoons butter chilled ()
- ☐ 0.3 cup capers rinsed drained
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon rosemary leaves fresh minced
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped

- ☐ 4 garlic clove thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup chicken broth
- ☐ 0.3 cup olives black pitted coarsely chopped
- ☐ 4 teaspoons olive oil
- ☐ 1 large onion red halved lengthwise thinly sliced
- ☐ 0.3 cup cooking sherry
- ☐ 0.8 cup sherry vinegar
- ☐ 1.5 tablespoons sugar
- ☐ 1 large tomatoes diced peeled seeded
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 onion yellow thinly sliced

Equipment

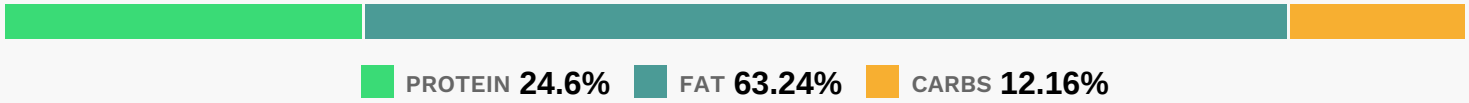
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Melt 2 tablespoons butter with vegetable oil in heavy large skillet over medium-high heat.
- ☐ Add all onions; cook until deep brown, stirring often, about 8 minutes.
- ☐ Add sugar and sauté until sugar dissolves, about 1 minute.
- ☐ Add 1/2 cup vinegar; sauté until almost all liquid evaporates, about 1 minute.
- ☐ Transfer to small bowl.
- ☐ Preheat oven to 200°F.

- ☐ Mix salt, 1/2 teaspoon cumin, and pepper in small bowl. Rub chicken breasts all over with spice mixture.
- ☐ Heat 2 teaspoons olive oil in heavy large skillet over medium-high heat; add chicken breasts, skin side down. Sauté until cooked through, about 4 minutes per side.
- ☐ Transfer chicken to baking sheet. Keep warm in oven.
- ☐ Heat remaining 2 teaspoons olive oil in same skillet over medium heat.
- ☐ Add garlic and sauté 20 seconds.
- ☐ Add caramelized onions, 1/4 cup vinegar, tomato, olives, capers, and Sherry. Cook until liquid reduces slightly, stirring constantly, about 2 minutes. Stir in 1 1/2 teaspoons cumin, chicken broth, lime juice, sage, thyme, and rosemary.
- ☐ Add avocado; cook until sauce thickens, stirring constantly, about 3 minutes. Reduce heat to low.
- ☐ Add 4 tablespoons butter and stir until blended into sauce. Season with salt and pepper.
- ☐ Place 1 chicken breast on each of 6 plates; spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:63.18, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:23.126521732496%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg, Kaempferol: 9.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 431.17kcal (21.56%), Fat: 30.01g (46.17%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 9.09g (3.3%), Sugar: 5.57g (6.19%), Cholesterol: 102.42mg (34.14%), Sodium: 1687.2mg (73.36%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 26.26g (52.53%), Copper: 3.22mg (161.07%), Vitamin B3: 12.92mg (64.6%), Selenium: 37.07µg (52.96%), Vitamin B6: 1.04mg (51.79%), Phosphorus: 291.96mg (29.2%), Vitamin K: 27.04µg (25.75%), Potassium: 775.93mg (22.17%), Vitamin B5: 2.19mg (21.9%), Vitamin C: 16.93mg (20.52%), Manganese: 0.36mg (17.83%), Vitamin E: 2.67mg (17.79%), Vitamin A: 788.13IU (15.76%), Fiber: 3.91g (15.62%), Magnesium: 58.31mg (14.58%), Vitamin B2: 0.2mg (11.99%), Folate: 45.49µg (11.37%), Iron: 1.92mg (10.67%), Vitamin B1: 0.14mg (9.11%), Zinc: 1.15mg (7.65%), Calcium: 55.16mg (5.52%), Vitamin B12: 0.26µg (4.38%)