



## Braised Chicken with Cilantro, Mint and Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 skin-on chicken drumsticks
- ☐ 1 cup cilantro leaves packed for garnish ()
- ☐ 1 tablespoon ground coriander
- ☐ 1 jalapeno stemmed seeded
- ☐ 0.5 cup cream light
- ☐ 0.5 cup mint leaves packed ()
- ☐ 1 small onion quartered (small)

- ☐ 15 servings jalapeño peppers cooked sliced for serving
- ☐ 2 poblano pepper stemmed seeded
- ☐ 15 servings salt
- ☐ 4 chicken thighs boneless skinless
- ☐ 15 servings pepper white freshly ground

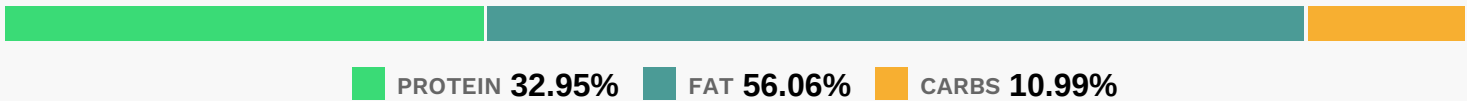
## Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

## Directions

- ☐ Make 3 slashes to the bone in each drumstick. Rub the chicken all over with the coriander and season with salt and white pepper.
- ☐ In a large Dutch oven or enameled cast-iron casserole, heat the oil.
- ☐ Add the chicken and cook over high heat, turning occasionally, until browned all over, about 8 minutes.
- ☐ Meanwhile, in a blender or food processor, combine the 1 cup of cilantro with the mint, onion, poblanos and jalapeo and blend until finely chopped.
- ☐ Add the cream and 1/2 cup of water and puree until smooth.
- ☐ Pour the green sauce over the chicken and bring to a boil. Cover partially and simmer over moderately low heat until the chicken is cooked through, about 30 minutes.
- ☐ Sprinkle the chicken with cilantro and serve with jalapeos, rice and naan.

## Nutrition Facts



## Properties

Glycemic Index:6.73, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.7099999992744%

## Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 121.51kcal (6.08%), Fat: 7.61g (11.71%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.66g (0.73%), Cholesterol: 56.04mg (18.68%), Sodium: 262.89mg (11.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Vitamin C: 15.61mg (18.92%), Selenium: 10.96µg (15.65%), Vitamin B3: 2.81mg (14.05%), Vitamin B6: 0.26mg (12.79%), Phosphorus: 106.16mg (10.62%), Manganese: 0.15mg (7.54%), Vitamin K: 7.73µg (7.36%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.96mg (6.4%), Vitamin A: 318.78IU (6.38%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.32µg (5.33%), Potassium: 185.22mg (5.29%), Iron: 0.89mg (4.96%), Fiber: 1.21g (4.86%), Magnesium: 18.25mg (4.56%), Vitamin E: 0.62mg (4.11%), Vitamin B1: 0.06mg (4.04%), Copper: 0.07mg (3.64%), Calcium: 25.37mg (2.54%), Folate: 7.57µg (1.89%)