



## Braised Chile Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon ancho chili powder
- ☐ 6 servings pepper black freshly ground
- ☐ 14.5 oz canned tomatoes diced peeled canned
- ☐ 4 lbs chicken bone-in cut into 6 pieces, wings and back discarded; or 2 breast halves, plus 2 thighs and 2 drumsticks
- ☐ 0.5 cup chicken stock see
- ☐ 0.5 teaspoon chipotle sauce
- ☐ 1 chipotles in adobo canned minced
- ☐ 0.5 cup cilantro leaves chopped

- ☐ 4 oz chiles whole green cut into strips canned
- ☐ 1 jalapeno fresh minced
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons salt plus more to taste
- ☐ 0.5 cup cornmeal yellow

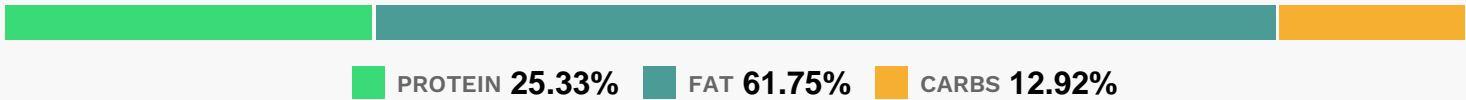
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

## Directions

- ☐ Heat olive oil over medium-high heat in a pot just large enough to accommodate chicken in a single layer. Meanwhile, in a shallow bowl, whisk together cornmeal, chile powders, and salt. Dredge chicken in cornmeal mixture, turning to coat.
- ☐ Add half the chicken pieces to pot and cook, turning once, until well browned on all sides and skin is very crisp, about 8 minutes; remove and set aside. Brown remaining chicken the same way.
- ☐ Add tomatoes, chicken stock, canned chiles, half the jalapeo, and the chipotle chile to pot. Reduce heat to a gentle simmer and arrange chicken pieces, skin side up, on top of sauce, being careful not to let sauce completely cover crisp skin. Simmer, uncovered, until chicken is cooked through, about 40 minutes.
- ☐ Remove chicken from sauce and transfer to a platter. Season with salt and pepper and add remaining jalapeo to taste. Spoon sauce around chicken and garnish with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:27.42, Glycemic Load:5.81, Inflammation Score:-6, Nutrition Score:15.972173918848%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 470.52kcal (23.53%), Fat: 32.1g (49.39%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 12.25g (4.45%), Sugar: 2.62g (2.91%), Cholesterol: 109.46mg (36.49%), Sodium: 1085.63mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.25%), Vitamin B3: 11.21mg (56.03%), Vitamin B6: 0.72mg (35.81%), Selenium: 22.36µg (31.94%), Phosphorus: 266.08mg (26.61%), Vitamin C: 18.33mg (22.21%), Vitamin E: 2.5mg (16.65%), Zinc: 2.48mg (16.54%), Iron: 2.87mg (15.97%), Vitamin B5: 1.52mg (15.16%), Vitamin B2: 0.25mg (14.94%), Potassium: 508.97mg (14.54%), Vitamin K: 14.73µg (14.03%), Magnesium: 53.68mg (13.42%), Fiber: 2.86g (11.45%), Vitamin B1: 0.17mg (11.29%), Vitamin A: 522.41IU (10.45%), Manganese: 0.19mg (9.68%), Copper: 0.17mg (8.46%), Folate: 31.47µg (7.87%), Vitamin B12: 0.45µg (7.5%), Calcium: 48.69mg (4.87%), Vitamin D: 0.29µg (1.94%)