



Breast of Chicken Oaxaca

READY IN



45 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled cut into 6 wedges
- ☐ 0.5 teaspoon chicken-flavored bouillon granules
- ☐ 4 chipotle chiles in adobo sauce canned
- ☐ 8 cups pasta hot cooked uncooked (1 pound pasta)
- ☐ 3 large egg whites lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon juice of lime
- ☐ 0.8 cup cup heavy whipping cream sour low-fat
- ☐ 3 ounces monterrey jack cheese shredded

- ☐ 0.3 cup olives ripe sliced
- ☐ 2 tablespoons parsley chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup seasoned bread crumbs
- ☐ 24 ounce skinned
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water hot
- ☐ 0.1 teaspoon pepper white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ To prepare chipotle sauce, combine first 3 ingredients in a blender; process until smooth.
- ☐ Pour sauce into a bowl; stir in sour cream and 1 tablespoon juice.
- ☐ To prepare chicken, toss avocado with 1 tablespoon juice.
- ☐ Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff 1 avocado slice and 2 tablespoons cheese into each pocket.
- ☐ Sprinkle chicken with salt and pepper, and dredge chicken in flour. Dip chicken in egg whites; dredge in breadcrumbs.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; saut 6 minutes on each side or until chicken is done.
- ☐ Toss pasta with olives and parsley.
- ☐ Place 1 1/3 cups pasta on each of 6 plates. Arrange chicken on pasta; top each serving with about 3 tablespoons chipotle sauce.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:28.91, Inflammation Score:-7, Nutrition Score:28.866956669351%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 711.13kcal (35.56%), Fat: 21.31g (32.79%), Saturated Fat: 7.05g (44.07%), Carbohydrates: 82.62g (27.54%), Net Carbohydrates: 74.6g (27.13%), Sugar: 3.49g (3.88%), Cholesterol: 95.47mg (31.82%), Sodium: 765.2mg (33.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.46g (90.92%), Selenium: 99.6µg (142.28%), Vitamin B3: 14.65mg (73.26%), Vitamin B6: 1.09mg (54.37%), Phosphorus: 493.31mg (49.33%), Manganese: 0.91mg (45.46%), Vitamin K: 43.1µg (41.04%), Fiber: 8.02g (32.09%), Vitamin B2: 0.46mg (26.83%), Iron: 4.68mg (25.97%), Vitamin B5: 2.51mg (25.05%), Vitamin B1: 0.36mg (24.2%), Potassium: 828.56mg (23.67%), Magnesium: 93.98mg (23.5%), Calcium: 213.33mg (21.33%), Folate: 82.46µg (20.61%), Zinc: 2.76mg (18.37%), Copper: 0.36mg (18.22%), Vitamin E: 1.62mg (10.78%), Vitamin C: 8.04mg (9.75%), Vitamin A: 461.01IU (9.22%), Vitamin B12: 0.55µg (9.18%), Vitamin D: 0.26µg (1.71%)