



Callaghan Vineyards Chili-Cheese Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 7 oz chilies whole green canned
- 2 tablespoons honey
- 5 ounces jack cheese sliced
- 6 tablespoons jalapeno jelly green
- 4 servings salt and pepper
- 3 tablespoons citrus champagne vinegar
- 4 boned dry rinsed ()

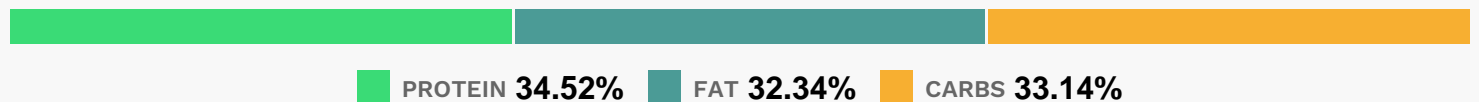
Equipment

- frying pan
- oven
- whisk

Directions

- In a 9- by 13-inch pan, combine jelly, vinegar, mustard, and honey. Put in a 375 oven and occasionally whisk until jelly is melted and sauce blended, 5 to 10 minutes.
- Turn chicken over in jelly sauce in pan, arranging pieces side by side.
- Bake in a 375 oven for 15 minutes.
- Pull 4 chilies open on 1 side and lay flat. Put 1 chili over each chicken piece. Reserve extra chilies for other uses.
- Lay cheese on chili and chicken, covering evenly; baste with jelly sauce.
- Continue to bake chicken until it is no longer pink in thickest part (cut to test), 5 to 10 minutes more.
- Put chicken on plates and spoon sauce around portions. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:6.23, Inflammation Score:-7, Nutrition Score:22.073478201161%

Nutrients (% of daily need)

Calories: 392.87kcal (19.64%), Fat: 14.14g (21.75%), Saturated Fat: 7.45g (46.56%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.5g (11.46%), Sugar: 28.33g (31.48%), Cholesterol: 103.86mg (34.62%), Sodium: 636.17mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.91%), Vitamin C: 75.24mg (91.2%), Selenium: 44.18µg (63.12%), Vitamin B3: 12.49mg (62.45%), Vitamin B6: 1.13mg (56.65%), Phosphorus: 425.39mg (42.54%), Calcium: 283.1mg (28.31%), Vitamin A: 988.79IU (19.78%), Vitamin B5: 1.81mg (18.14%), Potassium: 627.69mg (17.93%), Vitamin B2: 0.3mg (17.81%), Magnesium: 54.62mg (13.66%), Zinc: 1.92mg (12.82%), Vitamin B12: 0.52µg (8.67%), Vitamin B1: 0.13mg (8.5%), Manganese: 0.16mg (7.95%), Vitamin K: 8.17µg (7.78%), Iron: 1.4mg

(7.78%), Copper: 0.12mg (5.82%), Folate: 23.04µg (5.76%), Vitamin E: 0.68mg (4.5%), Fiber: 1.09g (4.35%), Vitamin D: 0.33µg (2.17%)