



Chicken and Rice with Cilantro-Poblano Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 tablespoon butter
- ☐ 0.8 cup cherry tomatoes halved
- ☐ 8 ounce cremini mushrooms sliced
- ☐ 14 ounce fat-free less-sodium chicken broth fat-free divided canned
- ☐ 0.3 cup fresh cilantro leaves fresh
- ☐ 2 tablespoons fresh flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves divided minced

- ☐ 0.8 cup green onions divided chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons olive oil divided
- ☐ 1 poblano chile seeded chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 teaspoon sea salt divided
- ☐ 24 ounce skinless boneless chicken breast halves boneless skinless
- ☐ 0.5 cup water

Equipment

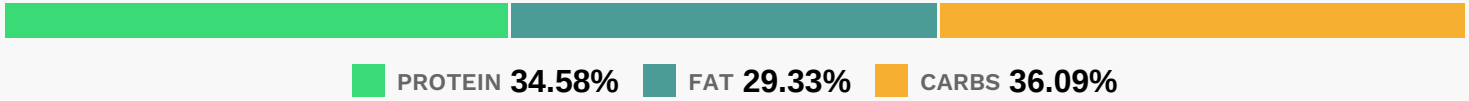
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 1/4 cup green onions, cilantro leaves, 1/4 teaspoon salt, 1/8 teaspoon pepper, 1/2 cup broth, chile, and 1 garlic clove in a food processor; process until blended.
- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat.
- ☐ Add 1/4 cup onions, mushrooms, and remaining garlic clove to pan; saut 2 minutes.
- ☐ Add cilantro mixture, remaining 1 1/4 cups broth, rice, 1/2 cup water, and cumin to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until liquid is absorbed.
- ☐ Remove from heat; cover and let stand 5 minutes.
- ☐ Add parsley to rice mixture; fluff with a fork.
- ☐ Heat remaining 1 tablespoon oil and butter in a large skillet over medium-high heat.
- ☐ Sprinkle chicken with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Remove chicken from pan; cut each chicken piece crosswise into 1/2-inch slices.
- ☐ Heat 1 teaspoon olive oil in a small saucepan over medium-high heat.

- ☐
- Add remaining 1/4 cup onions and tomatoes; saut 2 minutes. Arrange 1 cup rice mixture on each of 4 plates; top each serving with 1 breast half and 2 tablespoons tomato mixture.
- ☐
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:71.05, Glycemic Load:22.82, Inflammation Score:0, Nutrition Score:33.065217484599%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 497.33kcal (24.87%), Fat: 16.04g (24.67%), Saturated Fat: 4g (25%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 42.05g (15.29%), Sugar: 3.08g (3.42%), Cholesterol: 116.39mg (38.8%), Sodium: 933.34mg (40.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.53g (85.07%), Selenium: 78.88µg (112.69%), Vitamin B3: 21.65mg (108.26%), Vitamin K: 83.4µg (79.43%), Vitamin B6: 1.55mg (77.54%), Phosphorus: 517.52mg (51.75%), Vitamin C: 39.29mg (47.63%), Vitamin B5: 3.97mg (39.7%), Manganese: 0.78mg (39.08%), Potassium: 1164.93mg (33.28%), Vitamin B2: 0.53mg (31.13%), Copper: 0.53mg (26.34%), Magnesium: 75.17mg (18.79%), Vitamin B1: 0.25mg (16.55%), Vitamin A: 815.25IU (16.3%), Zinc: 2.36mg (15.74%), Iron: 2.49mg (13.85%), Vitamin E: 2.04mg (13.61%), Folate: 48.16µg (12.04%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.34g (9.36%), Calcium: 68.52mg (6.85%), Vitamin D: 0.23µg (1.51%)