



Chicken Baked in the Yucatan Style

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- 8 large banana leaves
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 8 garlic cloves
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cumin
- 2 tablespoons juice of lemon
- 0.3 cup low-salt chicken broth
- 2 cups onion sliced

- 0.5 cup orange juice
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper
- 1.5 teaspoons salt
- 4 ounce skinned
- 0.5 cup water

Equipment

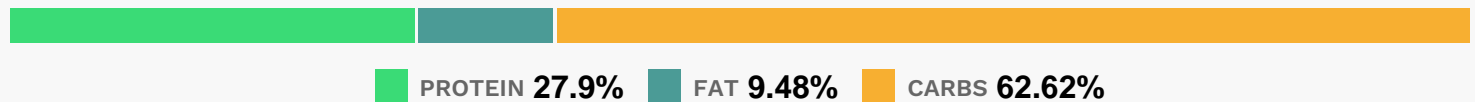
- food processor
- frying pan
- sauce pan
- oven
- baking pan
- ziploc bags

Directions

- Drop the garlic through food chute with food processor on, and process until minced.
- Add water and the next 8 ingredients (water through pepper), and process until blended.
- Combine garlic mixture and chicken in a large zip-top heavy-duty plastic bag, and seal. Marinate in refrigerator 8 hours, turning bag occasionally.
- Remove chicken from bag, reserving 1 cup marinade; set both aside.
- Heat chicken broth in a large nonstick skillet over medium-high heat.
- Add onion, cook for 3 minutes or until tender.
- Add 1/4 cup reserved marinade and tomatoes; bring to a boil, and cook for 5 minutes or until reduced to 2 cups.
- Remove tomato mixture from heat, and set aside.
- Drop Swiss chard leaves into a large saucepan of boiling water; cook 30 seconds.
- Drain and rinse under cold water; drain well.

- Place 1 chicken breast half in center of each Swiss chard leaf, and top with 1/4 cup of tomato mixture. Fold in the edges of leaves, and roll up; place the chicken rolls in a 13 x 9-inch baking dish.
- Pour remaining 3/4 cup of marinade over the chicken rolls. Cover and bake at 350 for 50 minutes; uncover and bake for an additional 10 minutes.
- Serve with the remaining tomato mixture.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:6.5273913080278%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 64.14kcal (3.21%), Fat: 0.73g (1.12%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 8.91g (3.24%), Sugar: 5.41g (6.01%), Cholesterol: 9.07mg (3.02%), Sodium: 526.14mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin C: 18.07mg (21.9%), Vitamin B6: 0.28mg (14.06%), Vitamin B3: 2.37mg (11.84%), Manganese: 0.23mg (11.71%), Potassium: 324.48mg (9.27%), Selenium: 5.52µg (7.89%), Fiber: 1.94g (7.75%), Copper: 0.14mg (7.08%), Phosphorus: 69.4mg (6.94%), Iron: 1.18mg (6.56%), Vitamin B1: 0.09mg (5.94%), Magnesium: 22.74mg (5.69%), Folate: 21.01µg (5.25%), Vitamin E: 0.75mg (4.97%), Vitamin B5: 0.45mg (4.49%), Vitamin K: 4.65µg (4.43%), Calcium: 43.17mg (4.32%), Vitamin B2: 0.06mg (3.81%), Vitamin A: 155.47IU (3.11%), Zinc: 0.36mg (2.43%)