



Chicken Breasts with Chipotle Gravy

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.8 cup chicken broth
- 0.5 teaspoon chipotle chile powder to taste
- 1 tablespoon flour all-purpose
- 2 tablespoons green onions minced
- 2 servings salt and ground pepper fresh to taste
- 1 tablespoon olive oil
- 2 chicken breast halves boneless skinless

Equipment

- frying pan
- aluminum foil
- meat tenderizer

Directions

- Place chicken breast halves between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to a thickness of 1/2-inch. Season with salt and pepper to taste.
- Heat olive oil in a skillet on high heat until it begins to shimmer, about 1 minute. Reduce heat to medium; cook chicken breasts until browned and no longer pink inside, about 5 minutes per side.
- Transfer cooked chicken to a warm plate and loosely cover with aluminum foil.
- Melt butter in the skillet; stir in flour and cook for about 2 minutes. Stir in chicken broth, scraping up any browned bits from the bottom of the pan; cook and stir until gravy begins to simmer and thicken, 1 to 2 minutes.
- Stir in green onions and chipotle chile powder.
- Return chicken breasts to the skillet and cook until heated through, 1 to 2 minutes.

Nutrition Facts

 **PROTEIN 32.27%**  **FAT 61.91%**  **CARBS 5.82%**

Properties

Glycemic Index:78.5, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:13.498260632805%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 315.99kcal (15.8%), Fat: 21.57g (33.18%), Saturated Fat: 8.84g (55.25%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.05g (1.16%), Cholesterol: 104.18mg (34.73%), Sodium: 744.07mg (32.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.59%), Vitamin B3: 12.24mg (61.19%), Selenium: 37.96µg (54.23%), Vitamin B6: 0.85mg (42.6%), Phosphorus: 250.46mg (25.05%), Vitamin K: 17.85µg (17%), Vitamin B5: 1.65mg (16.55%), Potassium: 458.01mg (13.09%), Vitamin B2: 0.19mg (11.36%), Vitamin E: 1.62mg (10.79%), Vitamin A: 445.34IU (8.91%), Vitamin B1: 0.12mg (8.28%), Magnesium: 32.57mg (8.14%), Zinc: 0.78mg (5.2%), Manganese: 0.09mg (4.66%), Vitamin B12: 0.27µg (4.46%), Iron: 0.79mg (4.37%), Folate: 15.64µg (3.91%), Vitamin C: 2.48mg (3.01%), Copper: 0.05mg (2.71%), Fiber: 0.61g (2.44%), Calcium: 17.61mg (1.76%)