



Chicken Breasts with Glazed Peaches and Fennel and Corn Muffins in Poblano Cups

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 roasted chicken breast halves
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 1 box corn muffin mix recommended: Jiffy
- ☐ 1 fennel bulb thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 14 ounce peaches undrained canned
- ☐ 7 ounce pimentos chopped

- ☐ 6 poblano peppers halved lengthwise seeded
- ☐ 0.5 cup onion red sliced
- ☐ 1 tablespoon freshly rosemary leaves chopped
- ☐ 0.5 cup mexican cheese blend shredded

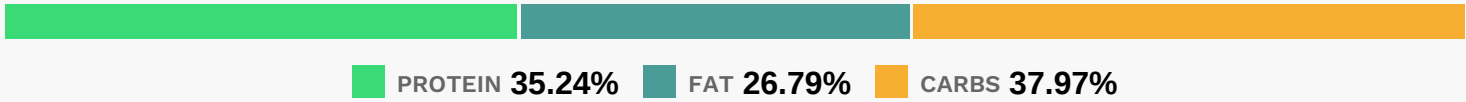
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- ☐ Prepare corn muffin mix according to package directions, adding cheese, pimentos and cilantro when you add other ingredients. Arrange poblano pepper halves on prepared baking sheet and fill each pepper with an equal amount of corn muffin mix.
- ☐ Bake 18 to 20 minutes, until a wooden pick inserted in 1 muffin comes out clean.
- ☐ Meanwhile, heat oil in a large skillet over medium-high heat.
- ☐ Add onion and fennel and saute 3 to 5 minutes, until soft.
- ☐ Add chicken, peaches and rosemary and bring to a simmer. Cook for 5 minutes, until chicken is heated through and sauce thickens.
- ☐ Serve chicken with poblano corn muffins on the side.

Nutrition Facts



Properties

Glycemic Index:67.31, Glycemic Load:6.43, Inflammation Score:-10, Nutrition Score:42.086087242417%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg, Epigallocatechin: 1.03mg,

Epigallocatechin: 1.03mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg
Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg,
Epigallocatechin 3–gallate: 0.3mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol:
0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 8.42mg, Luteolin:
8.42mg, Luteolin: 8.42mg, Luteolin: 8.42mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin:
1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg,
Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 735.81kcal (36.79%), Fat: 21.95g (33.77%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 69.98g (23.33%),
Net Carbohydrates: 58.03g (21.1%), Sugar: 29.83g (33.15%), Cholesterol: 160.71mg (53.57%), Sodium: 762.82mg
(33.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.94g (129.89%), Vitamin C: 208.1mg (252.24%),
Vitamin B3: 28.05mg (140.25%), Vitamin B6: 1.73mg (86.66%), Phosphorus: 851.55mg (85.15%), Selenium: 55.66µg
(79.52%), Vitamin K: 64.67µg (61.59%), Vitamin A: 2606.7IU (52.13%), Fiber: 11.95g (47.81%), Potassium: 1326.72mg
(37.91%), Vitamin B1: 0.53mg (35.64%), Manganese: 0.69mg (34.69%), Iron: 5.98mg (33.24%), Vitamin B2: 0.55mg
(32.24%), Folate: 113.26µg (28.32%), Magnesium: 110.2mg (27.55%), Vitamin B5: 2.48mg (24.79%), Calcium:
217.53mg (21.75%), Vitamin E: 3.25mg (21.66%), Zinc: 3.23mg (21.52%), Copper: 0.41mg (20.68%), Vitamin B12:
0.81µg (13.52%), Vitamin D: 0.24µg (1.61%)