



Chicken Chile Verde

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ground aleppo pepper dried
- 5 medium anaheim chili cored seeded
- 0.5 teaspoon pepper black freshly ground
- 1 stick cinnamon (3-inch)
- 0.7 cup flour all-purpose
- 1 cup cilantro leaves fresh coarsely chopped
- 6 medium garlic clove coarsely chopped
- 1 tablespoon ground cumin

- 1.5 teaspoons kosher salt as needed plus more
- 2 cups chicken broth low-sodium
- 3 tablespoons oregano fresh coarsely chopped
- 5 medium poblano pepper cored seeded
- 1 large onion red
- 1 pound baking potatoes peeled
- 3 pounds chicken thighs boneless skinless
- 0.5 teaspoon paprika smoked
- 1.5 pounds tomatillos husked rinsed quartered
- 5 tablespoons vegetable oil

Equipment

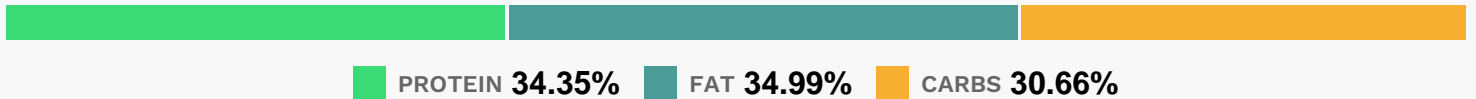
- bowl
- paper towels
- pot
- dutch oven

Directions

- Pat the chicken dry with paper towels and cut it into 1-1/2-inch pieces.
- Place in a large bowl, add the measured salt and pepper, and toss to combine.
- Add the flour and toss to coat.
- Heat 1 tablespoon of the oil in a Dutch oven or a large, heavy-bottomed pot (at least 6 1/2 quarts) over medium heat until shimmering.
- Add a third of the chicken in a single layer, shaking any excess flour into the bowl first. Sear until golden brown on both sides, about 10 minutes.
- Transfer to a large heatproof bowl. Repeat with the remaining chicken in two more batches, using a tablespoon of oil for each batch.
- Heat 1 tablespoon of the oil over medium heat in the same pot until shimmering.
- Add the onion and garlic and cook, stirring occasionally, until soft, about 5 minutes.

- Transfer the mixture to the bowl with the chicken.
- Heat the remaining 1 tablespoon oil in the same pot over medium heat until shimmering.
- Add the Anaheim chiles, poblanos, Aleppo pepper, cumin, and paprika and cook, stirring occasionally, until the peppers are tender, about 4 minutes.
- Add the reserved chicken–onion mixture, tomatillos, chicken broth, potatoes, oregano, and cinnamon stick to the pot and stir to combine. Bring to a boil over high heat, then reduce the heat to medium low and simmer, stirring occasionally, until the mixture thickens and the potatoes are tender, about 1 1/2 hours. Stir in the cilantro, taste, and season with salt as needed. Beverage pairing: With its combination of earthy vegetables and assertive spices, this dish calls for something a little exotic like the 2005 The FMC, an off-dry Chenin Blanc from South African master of the grape Ken Forrester. Complex with herbs, earth, fruit, and toast, the lightly oaked wine is a touch sweet, which will soothe any spiciness in the chile verde.

Nutrition Facts



Properties

Glycemic Index:40.09, Glycemic Load:14.59, Inflammation Score:-10, Nutrition Score:31.794782721478%

Flavonoids

Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 442.91kcal (22.15%), Fat: 17.44g (26.83%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 27.46g (9.98%), Sugar: 7.56g (8.4%), Cholesterol: 161.59mg (53.86%), Sodium: 747.92mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.02%), Vitamin C: 79.57mg (96.44%), Vitamin B3: 13.75mg (68.76%), Vitamin B6: 1.27mg (63.61%), Selenium: 43.39µg (61.98%), Vitamin K: 55.2µg (52.57%), Phosphorus: 445.04mg (44.5%), Manganese: 0.7mg (35.15%), Potassium: 1175.68mg (33.59%), Vitamin B2: 0.47mg (27.8%), Fiber: 6.92g (27.69%), Iron: 4.78mg (26.55%), Vitamin B1: 0.38mg (25.63%), Vitamin B5: 2.53mg (25.33%), Magnesium: 91.96mg (22.99%), Zinc: 3.37mg (22.47%), Vitamin B12: 1.15µg (19.13%), Vitamin A: 950.43IU (19.01%), Copper: 0.36mg (18.22%), Vitamin E: 2.46mg (16.42%), Folate: 56.02µg (14.01%), Calcium: 94.29mg (9.43%)