



Chicken Chile Verde

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



428 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
- 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

PROTEIN 35.15% **FAT 36.15%** **CARBS 28.7%**

Properties

Glycemic Index:38.84, Glycemic Load:14.37, Inflammation Score:-9, Nutrition Score:26.415652109229%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 428.03kcal (21.4%), Fat: 17.31g (26.63%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 25.27g (9.19%), Sugar: 5.78g (6.42%), Cholesterol: 161.59mg (53.86%), Sodium: 745.69mg (32.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.87g (75.74%), Vitamin B3: 13.39mg (66.97%), Selenium: 43.39µg (61.98%), Vitamin B6: 1.11mg (55.28%), Vitamin K: 49.7µg (47.33%), Phosphorus: 430.16mg (43.02%), Manganese: 0.61mg (30.62%), Potassium: 1045.53mg (29.87%), Vitamin B2: 0.45mg (26.58%), Iron: 4.53mg (25.15%), Vitamin B5: 2.46mg (24.59%), Vitamin C: 19.77mg (23.96%), Vitamin B1: 0.34mg (22.81%), Fiber: 5.66g (22.63%), Zinc: 3.27mg (21.83%), Magnesium: 84.52mg (21.13%), Vitamin B12: 1.15µg (19.13%), Copper: 0.32mg (15.76%), Vitamin E: 2.19mg (14.58%), Vitamin A: 675.24IU (13.5%), Folate: 48.59µg (12.15%), Calcium: 86.85mg (8.69%)