



Chicken Escabeche



Gluten Free



Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup carrots sliced
- ☐ 32 ounce chicken breast halves bone-in
- ☐ 0.3 cup cider vinegar
- ☐ 1 stick cinnamon 3-inch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 6 garlic cloves sliced

- ☐ 0.3 cup pickled jalapeño pepper drained sliced
- ☐ 4 teaspoons olive oil divided
- ☐ 2 cups onion thinly sliced
- ☐ 1.5 cups bell pepper red thinly sliced
- ☐ 0.3 teaspoon salt

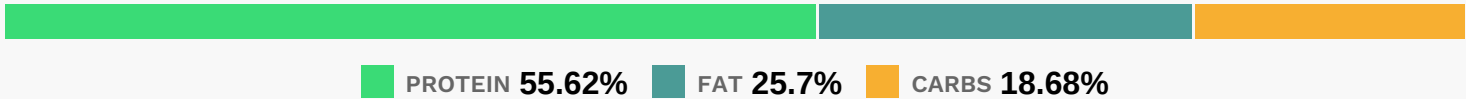
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 2 teaspoons oil in a large Dutch oven over medium heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon black pepper and salt.
- ☐ Add chicken to pan; cook 5 minutes on each side or until browned.
- ☐ Remove from pan; set aside.
- ☐ Heat remaining 2 teaspoons oil in pan over medium heat.
- ☐ Add onion, bell pepper, carrot, garlic, and remaining 1/4 teaspoon black pepper. Cook over medium heat 5 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Add broth and next 4 ingredients to pan; bring to a boil. Return chicken to pan. Cover, reduce heat to low, and simmer 20 minutes or until chicken is done and vegetables are tender.
- ☐ Remove and discard cinnamon stick and cloves. Stir in jalapeo pepper.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:35.990434781365%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg,

Isorhamnetin: 4.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg
Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.8mg, Quercetin: 16.8mg,
Quercetin: 16.8mg, Quercetin: 16.8mg

Nutrients (% of daily need)

Calories: 371.91kcal (18.6%), Fat: 10.42g (16.04%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 17.05g (5.68%), Net
Carbohydrates: 12.74g (4.63%), Sugar: 7.74g (8.61%), Cholesterol: 145.15mg (48.38%), Sodium: 786.14mg (34.18%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.76g (101.52%), Vitamin A: 7239.5IU (144.79%), Vitamin B3:
25.21mg (126.07%), Vitamin C: 90.28mg (109.43%), Selenium: 75.66µg (108.09%), Vitamin B6: 2.1mg (104.81%),
Phosphorus: 545.56mg (54.56%), Vitamin B5: 3.75mg (37.48%), Potassium: 1253.88mg (35.83%), Manganese:
0.58mg (28.88%), Magnesium: 82.59mg (20.65%), Vitamin B2: 0.34mg (20.18%), Fiber: 4.3g (17.21%), Vitamin B1:
0.25mg (16.81%), Vitamin E: 2.36mg (15.76%), Vitamin K: 16.23µg (15.46%), Folate: 59.34µg (14.83%), Zinc: 1.79mg
(11.91%), Iron: 2.01mg (11.18%), Vitamin B12: 0.62µg (10.4%), Copper: 0.16mg (7.91%), Calcium: 72.21mg (7.22%),
Vitamin D: 0.23µg (1.51%)