



Chicken in Chile Sauce (Ají de Gallina)

 Gluten Free

READY IN



1500 min.

SERVINGS



8

CALORIES



325 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons ají mirasol paste (sometimes labeled "crema")
- ☐ 8 small chicken breast halves with skin and bone (5 1/2 pounds total)
- ☐ 2 garlic clove chopped
- ☐ 8 servings kalamata olives black pitted halved (preferably Key limes)
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 8 quail eggs

- ☐ 0.5 teaspoon turmeric
- ☐ 3.5 tablespoons vegetable oil divided
- ☐ 1.5 ounces walnuts
- ☐ 1 cup milk whole

Equipment

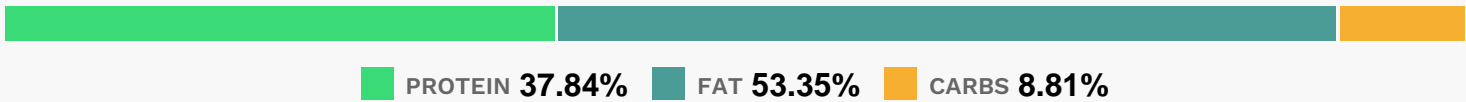
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ If using quail eggs, cover with cold water in a very small saucepan. Bring to a simmer and cook, covered, 5 minutes. Rinse eggs under cold water to stop cooking, then peel.
- ☐ Soak bread in milk until softened, then mash with a fork.
- ☐ Cook onion and garlic in 1 1/2 tablespoons oil with turmeric and 1/4 teaspoon salt in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened. Stir in chile paste and bread mixture and simmer, stirring occasionally, until very thick, 3 to 5 minutes. Stir in broth and cheese and simmer 1 minute. Carefully transfer to a blender with walnuts and blend until very smooth, about 1 minute (use caution when blending hot liquids).
- ☐ Transfer sauce to a medium saucepan and keep warm, covered, over very low heat, stirring occasionally.
- ☐ Pat chicken dry, then season with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy nonstick skillet over medium-high heat until hot, then brown half of chicken, skin side down first, turning once, about 8 minutes total.
- ☐ Transfer, skin side up, to a 4-sided sheet pan.
- ☐ Pour off oil from skillet and wipe clean, then brown remaining chicken in remaining tablespoon oil in same manner.
- ☐ Roast chicken in oven until just cooked through, about 15 minutes.
- ☐ Halve quail eggs lengthwise.

- ☐ Spoon some of sauce onto a large platter, then arrange chicken on top.
- ☐ Garnish with quail eggs and serve with remaining sauce on the side.
- ☐ Concha y Toro Terrunyo
- ☐ Casablanca Valley Sauvignon Blanc '07
- ☐ •Quail eggs can be cooked 1 day ahead; chill until cold, then peel and keep chilled, covered. Bring to room temperature before serving. •Sauce can be made 1 day ahead and chilled (covered once cool). Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:17.233913069186%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 324.94kcal (16.25%), Fat: 19.39g (29.84%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.88g (2.14%), Sugar: 3.01g (3.34%), Cholesterol: 156.19mg (52.06%), Sodium: 587.22mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.9%), Vitamin B3: 12.89mg (64.44%), Selenium: 41.71µg (59.59%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 377.3mg (37.73%), Vitamin B5: 1.97mg (19.67%), Potassium: 612.5mg (17.5%), Vitamin B2: 0.28mg (16.65%), Calcium: 146.84mg (14.68%), Magnesium: 50.67mg (12.67%), Manganese: 0.24mg (12.22%), Vitamin K: 11.97µg (11.4%), Vitamin B12: 0.67µg (11.12%), Vitamin E: 1.65mg (10.99%), Copper: 0.19mg (9.66%), Vitamin B1: 0.14mg (9.29%), Zinc: 1.36mg (9.09%), Iron: 1.32mg (7.32%), Vitamin A: 272.94IU (5.46%), Fiber: 1.32g (5.29%), Folate: 19.99µg (5%), Vitamin C: 3.67mg (4.45%), Vitamin D: 0.61µg (4.04%)