



Chicken in Cilantro-Peanut Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



62 kcal

SAUCE

Ingredients

- 0.5 cup chicken broth
- 2 cups rice long-grain white hot cooked
- 0.3 cup knudsen cream sour
- 0.5 cup cilantro leaves fresh coarsely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.5 lb mushrooms sliced
- 1 onion chopped
- 0.5 cup planters roasted peanuts dry

- 1 serrano chile whole
- 1 lb chicken breasts boneless skinless

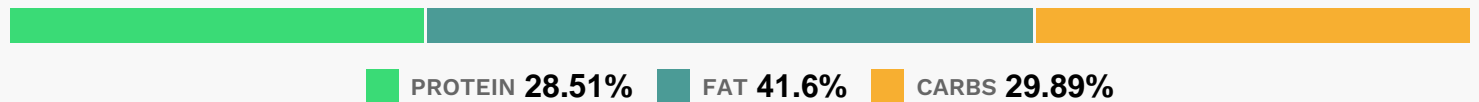
Equipment

- frying pan
- blender

Directions

- Blend broth, 1/4 cup dressing, cilantro, nuts and chile in blender until smooth.
- Heat remaining dressing in large nonstick skillet on medium-high heat.
- Add onions; cook 5 min., stirring occasionally.
- Add chicken; cook 2 min. on each side or until browned on both sides. Stir in mushrooms; cook 5 min. or until liquid is evaporated, stirring occasionally.
- Stir in broth mixture; cover. Cook 10 min. or until chicken is done (165F).
- Serve over rice; top with sour cream.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:3.1186956743831%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 62.29kcal (3.11%), Fat: 2.9g (4.46%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.95g (1.05%), Cholesterol: 10.89mg (3.63%), Sodium: 82.58mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin B3: 2.28mg (11.39%), Selenium: 6.75µg (9.64%), Vitamin B6: 0.15mg (7.58%), Manganese: 0.12mg (5.85%), Phosphorus: 55.33mg (5.53%), Vitamin B5: 0.42mg (4.18%), Vitamin B2: 0.06mg (3.47%), Potassium: 113.26mg (3.24%), Vitamin K: 3.12µg (2.97%), Magnesium: 11.23mg (2.81%), Copper: 0.05mg (2.5%), Zinc: 0.27mg (1.79%), Vitamin E: 0.26mg (1.74%), Vitamin B1: 0.03mg

(1.71%), Fiber: 0.4g (1.62%), Folate: 5.65µg (1.41%), Iron: 0.18mg (1.02%)