



Chicken in Green Chile Sauce

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



560 kcal

SAUCE

Ingredients

- 4 allspice
- 6 peppercorns black
- 3 cups chicken broth low-sodium homemade canned
- 0.5 teaspoon cumin seeds
- 0.5 cup cilantro leaves fresh packed coarsely chopped
- 4 garlic cloves
- 8 servings kosher salt
- 8 servings garnish: pumpkin seeds and coriander leaves fresh hulled toasted chopped

- 7 ounces pumpkin seeds green hulled
- 6 serrano chilies fresh
- 2 tablespoons sesame seed
- 6 cups meat from a rotisserie chicken shredded cooked
- 1 pound a 28-ounce can tomatillos fresh canned
- 0.3 cup vegetable oil
- 0.5 large onion white

Equipment

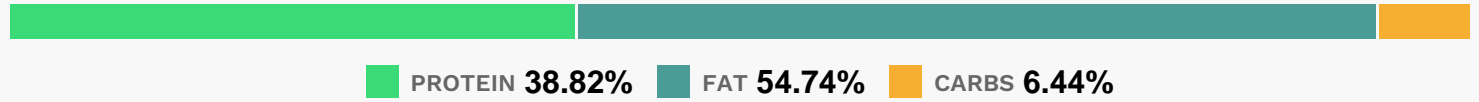
- bowl
- frying pan
- sauce pan
- pot
- blender
- slotted spoon

Directions

- Heat a large heavy skillet over moderate heat until hot and toast pumpkin seeds, stirring constantly, until they have expanded and begin to pop, 3 to 5 minutes.
- Transfer seeds to a plate to cool. In skillet heat sesame and cumin seeds, peppercorns, allspice, and cloves, stirring, until fragrant, about 1 minute, and transfer to the plate. When seeds and spices are cool, grind them in batches in a clean electric spice/coffee grinder.
- If using fresh tomatillos, discard husks and rinse with warm water to remove stickiness. Stem serrano chilies. In a saucepan simmer fresh tomatillos and serranos in salted water to cover 10 minutes. (If using canned tomatillos, drain them and leave serranos uncooked.)
- Transfer tomatillos and serranos (use a slotted spoon if simmered) to a blender and puree with onion, garlic, 1/4 cup cilantro and salt until completely smooth.
- Heat the oil in a 5-quart heavy pot over medium-high heat.
- Pour in the tomatillo puree and cook, stirring frequently, about 10 minutes.

- Add 2 1/2 cups of the broth and stir in the powdered pumpkin-seed mixture. Simmer sauce, stirring occasionally, until slightly thickened, about 15 minutes.
- In blender, puree 1/2 cup broth and remaining 1/4 cup cilantro until completely smooth. Stir puree and chicken into sauce and heat until hot.
- Transfer the chicken mixture to a bowl or plate and garnish with pumpkin seeds and cilantro.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:26.863912572031%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 560.09kcal (28%), Fat: 34.31g (52.78%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 5.8g (2.11%), Sugar: 3.19g (3.55%), Cholesterol: 117.19mg (39.06%), Sodium: 647.47mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.74g (109.48%), Manganese: 1.39mg (69.59%), Phosphorus: 680.19mg (68.02%), Vitamin B3: 12.66mg (63.28%), Selenium: 43.67µg (62.39%), Magnesium: 211.01mg (52.75%), Zinc: 5.87mg (39.14%), Vitamin B6: 0.72mg (35.8%), Iron: 5.39mg (29.93%), Copper: 0.59mg (29.5%), Vitamin K: 25.73µg (24.51%), Potassium: 770.58mg (22.02%), Vitamin B2: 0.31mg (17.97%), Vitamin B12: 1.07µg (17.89%), Vitamin B5: 1.34mg (13.36%), Fiber: 3.29g (13.16%), Vitamin C: 10.61mg (12.86%), Vitamin B1: 0.19mg (12.51%), Vitamin E: 1.65mg (11%), Folate: 31.19µg (7.8%), Vitamin A: 360.3IU (7.21%), Calcium: 66.68mg (6.67%)