



Chicken in Green Pipian Sauce

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



477 kcal

SAUCE

Ingredients

- ☐ 4 skin-on chicken breasts boneless
- ☐ 1.5 cups chicken broth organic warmed
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 0.3 cup olive oil
- ☐ 1.3 cup pumpkin seeds green pepitas
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 serrano chile stemmed
- ☐ 1 teaspoon sugar

- ☐ 1 pound tomatillos husked rinsed
- ☐ 0.5 medium onion white roughly chopped

Equipment

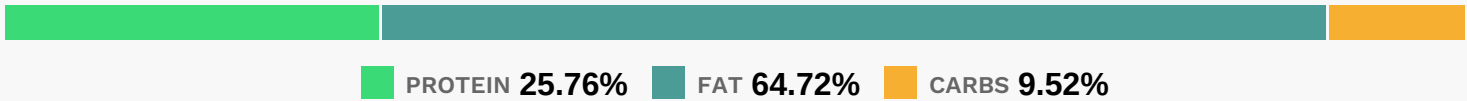
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ For the chicken: Preheat the oven to 375 degrees F.
- ☐ Slide your fingertips beneath the skin of each chicken breast to loosen.
- ☐ Drizzle each breast with olive oil and sprinkle with salt and pepper, rubbing beneath and on top of the skin.
- ☐ Place the chicken on a baking sheet or in a baking dish and roast in the oven until the chicken is cooked through, about 35 minutes. Set aside and cover with foil to keep warm.
- ☐ Meanwhile, for the sauce: Preheat a large, heavy skillet over moderate heat until hot. Toast the pumpkin seeds, stirring constantly, until they have expanded and begin to pop, 3 to 5 minutes.
- ☐ Transfer the seeds to a plate to cool. Reserve 2 tablespoons for garnish.
- ☐ In a medium, heavy saucepan, simmer the tomatillos, serrano and onions in salted water to cover until the tomatillos turn a dark green color, about 10 minutes. Using a slotted spoon, transfer the tomatillos, serrano and onions to a blender and puree with the chicken broth, cilantro, sugar and toasted pumpkin seeds until smooth (the sauce will be a little coarse). Season with salt and pepper.
- ☐ To serve, remove the skin from the chicken breasts and slice the chicken crosswise on the bias.

Transfer to a serving plate. Spoon the green pipian sauce on top and garnish with thereserved
toasted pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:1.09, Inflammation Score:-7, Nutrition Score:22.470434779706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 477.39kcal (23.87%), Fat: 35.14g (54.06%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 7.94g (2.89%), Sugar: 6.76g (7.51%), Cholesterol: 74.08mg (24.69%), Sodium: 402.13mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Vitamin B3: 14.54mg (72.68%), Manganese: 1.18mg (59.03%), Phosphorus: 496.2mg (49.62%), Magnesium: 172.35mg (43.09%), Vitamin B6: 0.72mg (35.84%), Selenium: 21.65µg (30.93%), Vitamin K: 24.54µg (23.37%), Potassium: 761.51mg (21.76%), Copper: 0.43mg (21.32%), Vitamin E: 3.19mg (21.27%), Iron: 3.51mg (19.5%), Vitamin C: 15.61mg (18.92%), Zinc: 2.81mg (18.74%), Fiber: 3.7g (14.79%), Vitamin B1: 0.2mg (13.47%), Vitamin B2: 0.23mg (13.25%), Vitamin B5: 1.26mg (12.64%), Folate: 27.65µg (6.91%), Vitamin B12: 0.4µg (6.7%), Vitamin A: 310.38IU (6.21%), Calcium: 37.68mg (3.77%), Vitamin D: 0.45µg (3.01%)