Chicken in Green Pumpkin-Seed Sauce

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	6	495 kcal

SAUCE

Ingredients

- [ ] 6 peppercorns whole black
- [ ] 6 strips. with skin and bones
- [ ] 3 large cilantro leaves fresh
- [ ] 6 tablespoons corn oil
- [ ] 0.3 cup cilantro leaves fresh chopped
- [ ] 2 garlic clove chopped
- [ ] 1.7 cups pumpkin seeds shelled (pumpkin seeds)
- [ ] 1 teaspoon sea salt fine

- [ ] 3 medium serrano chiles with seeds chopped
- [ ] 12 ounces tomatillos husked rinsed coarsely chopped
- [ ] 5 cups water
- [ ] 0.3 cup onion white chopped

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] pot
- [ ] blender

Directions

- [ ] Bring all ingredients to boil in large pot. Reduce heat; simmer uncovered until chicken is cooked through, about 30 minutes.
- [ ] Transfer chicken to bowl; cover to keep warm. Reserve chicken broth in pot; spoon off fat from surface.
- [ ] Heat heavy large skillet over medium-low heat.
- [ ] Add pepitas; stir frequently until seeds puff and begin to pop, about 15 minutes (do not brown).
- [ ] Transfer to dish; cool. Set aside 2 tablespoons pepitas for garnish. Working in batches, finely grind remaining pepitas with peppercorns in spice mill or coffee grinder.
- [ ] Puree tomatillos, next 5 ingredients, and 1/2 cup reserved chicken broth in blender until almost smooth.
- [ ] Heat 2 tablespoons oil in heavy medium skillet over medium-high heat.
- [ ] Add tomatillo mixture and simmer until sauce is thick and reduced to 1 cup, stirring frequently, about 5 minutes.
- [ ] Heat remaining 4 tablespoons oil in heavy large pot over medium heat.
- [ ] Add ground pepita mixture. Stir constantly until mixture resembles very coarse paste and begins to color in spots, about 9 minutes.
- [ ] Add tomatillo mixture; stir 1 minute.

- [ ] Add 2 cups reserved chicken broth and bring to boil. Reduce heat to medium-low andsimmer until sauce is thick, stirring constantly, about 3 minutes longer. Season sauce to taste with salt. Spoon some sauce onto platter. Top with chicken. Spoon remaining sauce over.
- [ ] Garnish with reserved 2 tablespoons pepitas.

Nutrition Facts

PROTEIN **19.45%** FAT **75.18%** CARBS **5.37%**

Properties

Glycemic Index:27.17, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:18.100869375726%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 494.5kcal (24.73%), Fat: 42.1g (64.78%), Saturated Fat: 7.81g (48.81%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.9g (3.22%), Cholesterol: 110.74mg (36.91%), Sodium: 487.78mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Manganese: 0.96mg (48.21%), Phosphorus: 425.47mg (42.55%), Vitamin B3: 7.26mg (36.32%), Magnesium: 142.22mg (35.55%), Selenium: 23.29µg (33.28%), Vitamin B6: 0.48mg (24.15%), Vitamin K: 21.03µg (20.03%), Zinc: 2.99mg (19.91%), Vitamin E: 2.98mg (19.89%), Copper: 0.39mg (19.38%), Potassium: 560.41mg (16.01%), Iron: 2.78mg (15.42%), Vitamin B5: 1.4mg (13.98%), Vitamin B12: 0.72µg (12.05%), Vitamin B2: 0.2mg (12.02%), Vitamin C: 9.57mg (11.6%), Vitamin B1: 0.17mg (11%), Fiber: 2.46g (9.84%), Vitamin A: 296.97IU (5.94%), Folate: 20.71µg (5.18%), Calcium: 32.57mg (3.26%)