



## Chicken in Roasted Poblano Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



71 kcal

SAUCE

### Ingredients

- 1 chicken bouillon cube
- 1 cup knudsen cream sour
- 0.3 cup 1/4 cup kraft zesty italian dressing italian divided kraft
- 4 large poblano chiles deveined peeled
- 2 lb chicken breasts boneless skinless

### Equipment

- frying pan
- blender

## Directions

- Heat 2 Tbsp. dressing in large skillet on medium-high heat.
- Add chicken; cook 5 min. on each side or until breasts are evenly browned on both sides.
- Meanwhile, blend chiles, sour cream and bouillon cube in blender until smooth.
- Add remaining dressing to skillet.
- Pour chile mixture over chicken; bring to boil. Cover; simmer on medium-low heat 10 min. or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 46.69%** **FAT 42.16%** **CARBS 11.15%**

## Properties

Glycemic Index:0.4, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:5.6804346306169%

## Flavonoids

Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 70.9kcal (3.54%), Fat: 3.29g (5.06%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.23g (1.36%), Cholesterol: 28.67mg (9.56%), Sodium: 107.27mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin C: 21.63mg (26.21%), Vitamin B3: 3.93mg (19.63%), Selenium: 12.04µg (17.21%), Vitamin B6: 0.34mg (16.8%), Phosphorus: 89.06mg (8.91%), Vitamin B5: 0.57mg (5.75%), Potassium: 194.15mg (5.55%), Vitamin B2: 0.06mg (3.52%), Vitamin A: 166.14IU (3.32%), Magnesium: 13.19mg (3.3%), Vitamin K: 3.47µg (3.3%), Vitamin B1: 0.04mg (2.71%), Manganese: 0.04mg (1.97%), Zinc: 0.28mg (1.84%), Fiber: 0.45g (1.78%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.54%), Copper: 0.03mg (1.46%), Calcium: 14.34mg (1.43%), Iron: 0.24mg (1.32%), Folate: 4.68µg (1.17%)