



Chicken Pepian

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cumin seed whole
- 1 cup cilantro leaves fresh chopped for garnish
- 4 cloves garlic minced
- 1 medium jalapeno seeded roughly chopped (2-inch)
- 4 servings lime wedges
- 1 cup chicken broth low-sodium
- 2 tablespoons olive oil
- 1 medium onion chopped

- 5 peppercorns
- 2.5 ounces poblano pepper seeded cut into 4 pieces
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 1 pound tomatillos fresh
- 0.5 cup pumpkin seeds raw unsalted
- 2 allspice whole

Equipment

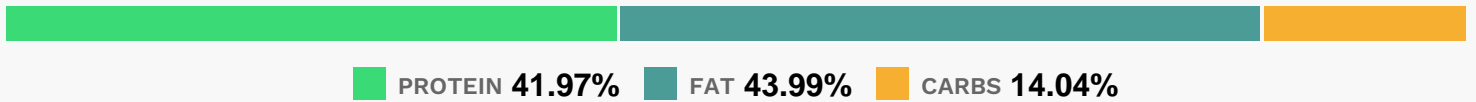
- frying pan
- baking sheet
- blender
- broiler

Directions

- Preheat the broiler.
- Remove papery outer layer from tomatillos then rinse them in warm water to remove some of their natural stickiness. Pat dry, then cut into quarters. Toss tomatillos and poblano with 2 teaspoons of the oil, place on a baking sheet and broil until charred, about 10 minutes.
- Heat a large saute pan over medium heat.
- Add pumpkin seeds, peppercorns, allspice, and cumin and toast until pumpkin seeds are fragrant, 3 to 4 minutes.
- Transfer to a plate.
- In same saute pan, heat 2 teaspoons oil over medium heat.
- Add onions and cook until soft and translucent, about 5 minutes, add the garlic and cook for 1 minute more.
- Place tomatillos, poblano, onions and garlic, cilantro, chicken broth, jalapeno, toasted seeds and spices and salt in a blender and blend on high until totally smooth, about 30 seconds.
- Heat the remaining 2 teaspoons olive oil in skillet and cook the chicken until browned on both sides and nearly cooked through, about 5 minutes per side.

- Add pepian sauce to skillet, covering chicken pieces. Bring to a simmer and cook an additional 3 to 5 minutes, until chicken is cooked through.
- Serve chicken topped with sauce and garnished with cilantro and lime wedges.
- Excellent source of: Protein, Niacin, Vitamin B6, Vitamin C, Vitamin K, Iron, Phosphorus, Potassium, Selenium
- Good source of: Fiber, Vitamin A, Thiamin, Riboflavin, Pantothenic Acid, Copper, Magnesium, Manganese, Zinc

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:30.18173913852%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 408.81kcal (20.44%), Fat: 20.32g (31.26%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 10.34g (3.76%), Sugar: 6.55g (7.27%), Cholesterol: 108.86mg (36.29%), Sodium: 514.22mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.21%), Vitamin B3: 21.54mg (107.72%), Selenium: 57.02µg (81.46%), Vitamin B6: 1.49mg (74.53%), Phosphorus: 612.32mg (61.23%), Manganese: 1.02mg (50.78%), Vitamin C: 38.35mg (46.49%), Magnesium: 156.72mg (39.18%), Potassium: 1220.75mg (34.88%), Vitamin K: 31.41µg (29.92%), Vitamin B5: 2.79mg (27.85%), Copper: 0.4mg (20.07%), Iron: 3.12mg (17.36%), Zinc: 2.57mg (17.12%), Fiber: 4.25g (17.01%), Vitamin B2: 0.28mg (16.21%), Vitamin E: 2.16mg (14.37%), Vitamin B1: 0.2mg (13.6%), Vitamin A: 560.14IU (11.2%), Folate: 33.81µg (8.45%), Vitamin B12: 0.4µg (6.65%), Calcium: 46.89mg (4.69%), Vitamin D: 0.17µg (1.13%)