



Chicken Simmered in Poblano Cream



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots peeled sliced
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup canned
- ☐ 6 servings rice hot cooked
- ☐ 6 servings ground pepper black
- ☐ 1 small onion peeled sliced cut in half and
- ☐ 1 poblano chile peeled seeded sliced
- ☐ 1 medium pepper red peeled seeded sliced
- ☐ 2 pounds chicken breast halves boneless skinless

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

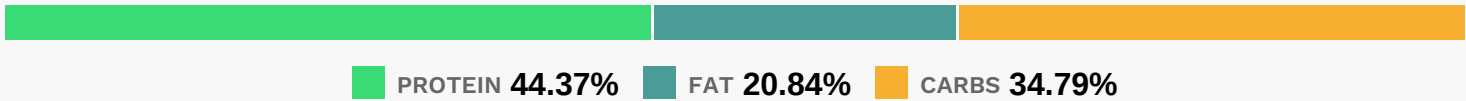
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the carrot and cook for 2 minutes or until tender-crisp, stirring occasionally.
- ☐ Add the onion and cook for 2 minutes, stirring occasionally.
- ☐ Add the chicken and cook for 8 minutes or until well browned on both sides.
- ☐ Remove the chicken and vegetables from the skillet.
- ☐ Stir the soup and water in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Season with the salt and black pepper.
- ☐ To serve, spoon the soup mixture over the chicken. Top with the vegetables, chile and red pepper, if desired.
- ☐ Serve with the rice.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:24.8, Inflammation Score:-9, Nutrition Score:24.368260684221%

Flavonoids

Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 344.3kcal (17.21%), Fat: 7.76g (11.93%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.46g (9.99%), Sugar: 2.33g (2.58%), Cholesterol: 99.31mg (33.1%), Sodium: 546.18mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.32%), Vitamin B3: 16.95mg (84.74%), Selenium: 54.4µg (77.72%), Vitamin B6: 1.36mg (67.84%), Vitamin C: 44.61mg (54.07%), Vitamin A: 2438.95IU (48.78%), Phosphorus: 382.44mg (38.24%), Manganese: 0.64mg (31.83%), Vitamin B5: 2.69mg (26.85%), Potassium: 778.53mg (22.24%), Magnesium: 59.47mg (14.87%), Vitamin B2: 0.22mg (13.15%), Zinc: 1.95mg (12.97%), Copper: 0.23mg (11.35%), Vitamin B1: 0.16mg (10.46%), Vitamin K: 8.46µg (8.06%), Iron: 1.29mg (7.17%), Folate: 27.25µg (6.81%), Fiber: 1.68g (6.72%), Vitamin E: 0.96mg (6.41%), Vitamin B12: 0.38µg (6.39%), Calcium: 27.94mg (2.79%), Vitamin D: 0.15µg (1.01%)