



Chicken Strips in Creamy Rajas Poblanas

READY IN



40 min.

SERVINGS



12

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 12 6-inch flour tortillas warmed ()
- 2 cloves garlic
- 2 tsp oil
- 1 onion sliced
- 6 roasted poblano chiles divided stemmed deveined peeled seeded
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft
- 1.5 lb chicken breasts boneless skinless cut into strips

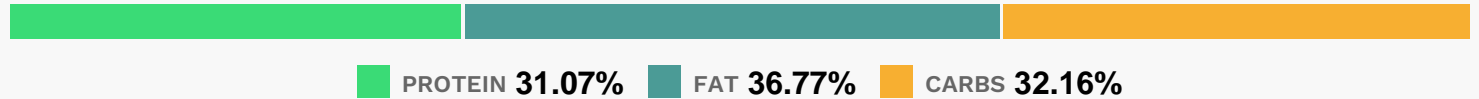
Equipment

- frying pan
- blender

Directions

- Blend cream cheese spread, garlic and 2 chiles in blender until smooth.
- Cut remaining chiles into strips.
- Heat 1 tsp. oil in large skillet on medium heat.
- Add half the chicken; cook and stir 3 min. or until no longer pink.
- Remove from skillet. Repeat with remaining oil and chicken; cover to keep warm.
- Add onions and chile strips to skillet; cook 3 min., stirring occasionally.
- Add chicken and cream cheese sauce; stir. Cover; cook on low heat 13 min. or until chicken is done and mixture is heated through, stirring occasionally and topping with shredded cheese for the last 3 min.
- Serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:14.715217403744%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 244.84kcal (12.24%), Fat: 9.91g (15.24%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.27g (6.28%), Sugar: 3.37g (3.75%), Cholesterol: 53.21mg (17.74%), Sodium: 420.47mg (18.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Vitamin C: 49.35mg (59.82%), Selenium:

27.33µg (39.04%), Vitamin B3: 7.55mg (37.77%), Vitamin B6: 0.6mg (29.9%), Phosphorus: 245.75mg (24.58%),
Vitamin B1: 0.23mg (15.37%), Calcium: 137.65mg (13.76%), Manganese: 0.25mg (12.68%), Vitamin B2: 0.2mg (11.8%),
Potassium: 377.44mg (10.78%), Folate: 39.15µg (9.79%), Vitamin B5: 0.95mg (9.5%), Fiber: 2.23g (8.91%), Iron:
1.59mg (8.84%), Vitamin A: 421.88IU (8.44%), Magnesium: 31.13mg (7.78%), Vitamin K: 7.58µg (7.22%), Vitamin B12:
0.43µg (7.21%), Zinc: 1mg (6.64%), Copper: 0.09mg (4.62%), Vitamin E: 0.49mg (3.25%)