



## Chicken Stuffed Peppers with Enchilada Sauce

READY IN



100 min.

SERVINGS



4

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 large anaheim chili
- 1 ounce bittersweet chocolate chopped
- 4 cups chicken broth
- 5 tablespoons chili powder hot
- 8 ounce cream cheese softened
- 3 tablespoons flour all-purpose
- 0.5 cup cilantro leaves fresh chopped
- 3 tablespoons garlic chopped
- 0.3 teaspoon ground cinnamon

- 1 teaspoon ground cumin
- 8 ounces monterrey jack cheese shredded
- 1 cup onion diced
- 1 teaspoon oregano dried
- 1.5 pounds chicken breast halves boneless skinless
- 1.3 ounce taco seasoning
- 1 tablespoon vegetable oil
- 1 cup water

## Equipment

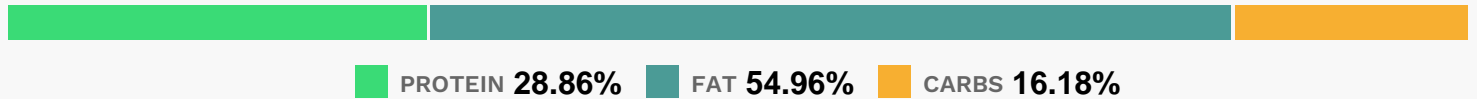
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- broiler

## Directions

- Place the chicken, taco seasoning mix, and water into a resealable plastic zipper bag, seal, and massage the bag with your fingers to mix. Refrigerate for 30 minutes to marinate.
- Cut the stem and top 1/2 inch from the top of each pepper, and carefully remove the seeds without cutting holes or breaking skin of the peppers. Bring a large pot of water to boil, and immerse the peppers in the boiling water for 3 minutes; cool immediately in a bowl of cold water.
- Drain the peppers and set aside.
- Heat the vegetable oil in a large saucepan over medium heat; cook and stir the onion until translucent, about 5 minutes. Stir in garlic, oregano, cumin, and cinnamon; cook for 3 minutes. Stir in the flour and chili powder, and cook for about 1 minute.

- Whisk in the chicken broth, and bring the mixture to a boil, stirring constantly until the sauce thickens, about 5 minutes. Reduce heat to low, and stir in the chocolate until it melts and blends into the sauce. Allow the sauce to gently simmer, stirring occasionally.
- Drain the marinated chicken breasts, and place into a skillet over medium heat. Cook until the chicken is no longer pink inside, about 10 minutes; remove chicken to a bowl, and set aside to cool. When cool enough to handle, shred the chicken meat, and lightly mix in a bowl with Monterey Jack cheese, cream cheese, and cilantro. Stuff each pepper with 1/4 of the chicken mixture, and place on a baking sheet.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Broil the stuffed peppers until blistered and hot, about 4 1/2 minutes per side.
- Serve with sauce.

## Nutrition Facts



### Properties

Glycemic Index:58.25, Glycemic Load:5.46, Inflammation Score:-10, Nutrition Score:40.633912936501%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

### Nutrients (% of daily need)

Calories: 798.4kcal (39.92%), Fat: 49.4g (75.99%), Saturated Fat: 25.65g (160.32%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 23.81g (8.66%), Sugar: 12.1g (13.44%), Cholesterol: 221.72mg (73.91%), Sodium: 2660.93mg (115.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 58.36g (116.72%), Selenium: 74.13µg (105.9%), Vitamin A: 5204.36IU (104.09%), Vitamin B3: 20.07mg (100.35%), Vitamin B6: 1.7mg (84.89%), Phosphorus: 758.57mg (75.86%), Calcium: 571.18mg (57.12%), Vitamin B2: 0.81mg (47.68%), Vitamin E: 5.36mg (35.75%), Fiber: 8.91g (35.62%), Manganese: 0.67mg (33.61%), Potassium: 1142.29mg (32.64%), Vitamin B5: 3.12mg (31.23%), Vitamin K: 29.93µg (28.51%), Iron: 5.05mg (28.05%), Zinc: 3.99mg (26.57%), Magnesium: 105.46mg (26.37%), Vitamin C: 18.24mg (22.11%), Vitamin B1: 0.29mg (19.13%), Copper: 0.36mg (18.08%), Vitamin B12: 1µg (16.59%), Folate: 45.47µg (11.37%), Vitamin D: 0.51µg (3.4%)