



Chicken Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 48 ounce chicken breast halves bone-in
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 4.5 ounces jalapeno

- ☐ 2 cups onion chopped (1 large)
- ☐ 0.8 pound poblano pepper
- ☐ 1 tablespoon sugar
- ☐ 5.5 cups tomatillos chopped ()

Equipment

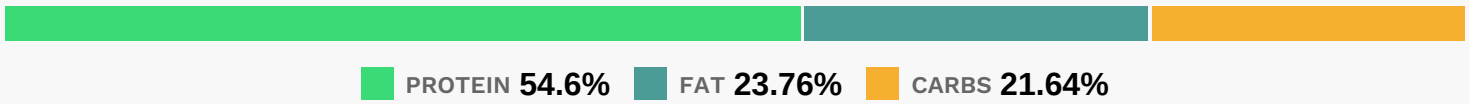
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ slow cooker

Directions

- ☐ Preheat broiler.
- ☐ Place poblano chiles and jalapeno peppers on a foil-lined baking sheet. Broil 10 minutes or until blackened and charred, turning occasionally.
- ☐ Place peppers in a paper bag; fold to close tightly.
- ☐ Let stand 15 minutes. Peel chiles and peppers; cut in half lengthwise. Discard seeds and membranes. Chop poblano chiles. Finely chop jalapeno peppers.
- ☐ Combine poblano chiles, jalapeo peppers, tomatillos, and next 4 ingredients (through green chiles) in a large bowl.
- ☐ Sprinkle chicken with cumin and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of chicken to pan. Cook 2 1/2 minutes on each side or until browned.
- ☐ Place chicken in a 6-quart electric slow cooker. Repeat procedure with remaining chicken.
- ☐ Pour tomatillo mixture over chicken. Cover and cook on LOW for 3 1/2 hours or until chicken is tender.

- ☐ Remove chicken from slow cooker; keep warm.
- ☐ Pour sauce into a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 25 minutes or until reduced to 4 1/2 cups.
- ☐ Serve chicken with sauce.
- ☐ Sprinkle with chopped cilantro.
- ☐ Garnish with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:3.18, Inflammation Score:-8, Nutrition Score:33.116086970205%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg

Nutrients (% of daily need)

Calories: 375.07kcal (18.75%), Fat: 9.87g (15.18%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 14.92g (5.42%), Sugar: 11.29g (12.55%), Cholesterol: 145.15mg (48.38%), Sodium: 354.8mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.01g (102.02%), Vitamin B3: 26.68mg (133.41%), Vitamin C: 99.9mg (121.09%), Selenium: 74µg (105.72%), Vitamin B6: 2.11mg (105.34%), Phosphorus: 565.04mg (56.5%), Potassium: 1441.97mg (41.2%), Vitamin B5: 3.64mg (36.41%), Magnesium: 101.12mg (25.28%), Vitamin K: 25.09µg (23.9%), Manganese: 0.46mg (23.02%), Fiber: 5.29g (21.17%), Vitamin B2: 0.33mg (19.23%), Vitamin B1: 0.27mg (18.31%), Vitamin E: 2.32mg (15.45%), Iron: 2.63mg (14.63%), Vitamin A: 725.3IU (14.51%), Folate: 51.13µg (12.78%), Zinc: 1.85mg (12.36%), Copper: 0.24mg (12.02%), Vitamin B12: 0.45µg (7.56%), Calcium: 58.34mg (5.83%), Vitamin D: 0.23µg (1.51%)