



Chicken with Chipotle Cream Sauce

 **Gluten Free**

READY IN



55 min.

SERVINGS



55

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter ()
- 2 lb chicken breast halves bone-in
- 0.3 cup chipotle peppers in adobo sauce canned (4 to 6 peppers)
- 1 cup knudsen cream sour
- 3 Tbsp parsley fresh finely chopped
- 6 large cloves garlic minced
- 2 medium onions cut into 1/4-inch-thick slices
- 0.5 cup pimento-stuffed olives green

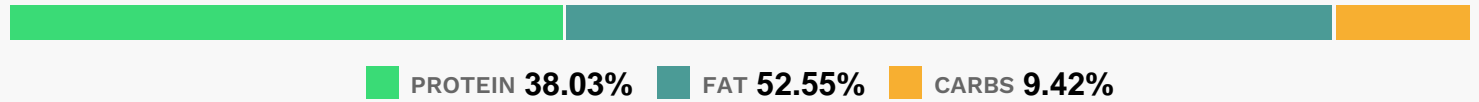
Equipment

frying pan

Directions

- Melt butter in large skillet on medium-high heat.
- Add chicken; cook 5 min. on each side or until golden brown on both sides.
- Add onions and garlic; cook 5 min. or until tender, stirring occasionally. Reduce heat to medium; cover. Cook an additional 20 min. or until chicken is cooked through (180F).
- Remove chicken to platter; cover to keep warm.
- Stir sour cream, chipotle peppers and olives into skillet. Cook, uncovered, 10 min. or until heated through, stirring occasionally.
- Pour sauce over chicken; sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.1086956243152%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 39.14kcal (1.96%), Fat: 2.27g (3.49%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.4g (0.44%), Cholesterol: 15.24mg (5.08%), Sodium: 46.55mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin B3: 1.74mg (8.69%), Selenium: 5.52µg (7.89%), Vitamin B6: 0.13mg (6.74%), Phosphorus: 39.89mg (3.99%), Vitamin K: 3.61µg (3.43%), Vitamin B5: 0.26mg (2.58%), Potassium: 75.32mg (2.15%), Vitamin A: 79.23IU (1.58%), Vitamin B2: 0.03mg (1.51%), Magnesium: 5.45mg (1.36%), Vitamin C: 0.91mg (1.1%)