



 **85%**
HEALTH SCORE

Chicken with Chunky Pepper Sauce

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chipotles in adobo canned drained chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 medium lime quartered
- 1 tablespoon juice of lime fresh
- 0.3 cup cream sour reduced-fat
- 1 tablespoon olive oil
- 16 ounce pepper frozen thawed
- 0.5 teaspoon salt

24 ounce chicken breast halves boneless skinless

Equipment

food processor

frying pan

blender

plastic wrap

rolling pin

meat tenderizer

Directions

Place thawed pepper stir-fry and the chipotle chiles in a blender or food processor, and pulse 10 times or until coarsely chopped.

Heat a large nonstick skillet over medium-high heat.

Place chicken breast halves between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Coat pan with cooking spray.

Add chicken to pan; cook 5 minutes or until browned. Turn chicken; add pepper mixture. Reduce heat, and simmer 5 minutes or until chicken is done.

Remove chicken from pan; keep warm.

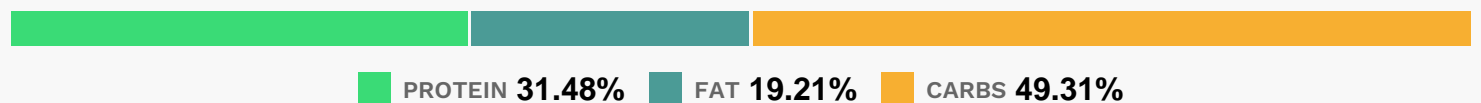
Add lime juice, oil, and salt; cook 5 minutes, stirring constantly.

Spoon 1/4 cup pepper sauce onto each of 4 plates; top each serving with one chicken breast half.

Sprinkle each with 1 tablespoon cilantro, and top with 1 tablespoon reduced-fat sour cream.

Serve with lime quarters.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:14.44, Inflammation Score:-9, Nutrition Score:47.44478253178%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 536.89kcal (26.84%), Fat: 13.17g (20.26%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 76.07g (25.36%), Net Carbohydrates: 46.61g (16.95%), Sugar: 1.28g (1.42%), Cholesterol: 113.89mg (37.96%), Sodium: 523.57mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.55g (97.1%), Manganese: 14.49mg (724.71%), Vitamin K: 191.37µg (182.26%), Fiber: 29.45g (117.81%), Vitamin B3: 19.1mg (95.49%), Selenium: 60.51µg (86.45%), Vitamin B6: 1.62mg (80.85%), Copper: 1.57mg (78.54%), Iron: 11.85mg (65.86%), Potassium: 2193.67mg (62.68%), Magnesium: 241.15mg (60.29%), Phosphorus: 550.6mg (55.06%), Calcium: 538.06mg (53.81%), Vitamin B5: 4.06mg (40.57%), Vitamin B2: 0.4mg (23.35%), Vitamin B1: 0.24mg (16.25%), Zinc: 2.44mg (16.23%), Vitamin A: 796.32IU (15.93%), Vitamin E: 2.12mg (14.13%), Vitamin C: 8.44mg (10.23%), Folate: 30µg (7.5%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.2µg (1.33%)