



## Chicken with Corn and Cheese Sauce

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**213 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon butter
- 8 ounces extrasharp cheddar cheese shredded
- 2 teaspoons chili powder
- 4 ounces cream cheese fat-free block-style
- 0.3 cup chives fresh chopped
- 2 cups corn kernels fresh ( 3 ears)
- 0.5 cup milk 2% reduced-fat

- 0.3 teaspoon pepper sauce hot (such as Tabasco)
- 1 cup onion red finely chopped
- 0.5 teaspoon salt
- 6 ounce chicken breast halves boneless skinless
- 1 cup tomatoes peeled coarsely chopped

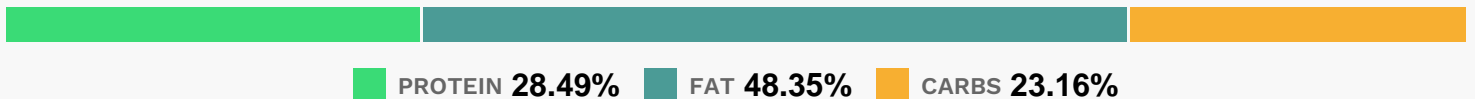
## Equipment

- sauce pan
- grill

## Directions

- Prepare grill.
- To prepare sauce, melt butter in a large saucepan over medium heat.
- Add corn and onion. Cover and cook 10 minutes or until onion is tender, stirring occasionally. Stir in chili powder; cook 1 minute. Stir in tomato; cook 2 minutes. Stir in milk and cream cheese; cook 6 minutes over low heat, stirring frequently. Stir in cheddar cheese, 1/2 teaspoon salt, 1/4 teaspoon pepper, and hot pepper sauce; cook 4 minutes or until melted, stirring frequently. Cover and keep warm.
- To prepare chicken, sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until chicken is done.
- Serve chicken with sauce; sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:22.63, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:10.867826233739%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

## **Nutrients (% of daily need)**

Calories: 212.88kcal (10.64%), Fat: 11.76g (18.09%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 11.09g (4.03%), Sugar: 5.51g (6.12%), Cholesterol: 46.18mg (15.39%), Sodium: 526.56mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.18%), Phosphorus: 308.45mg (30.84%), Calcium: 286.9mg (28.69%), Selenium: 16.36µg (23.37%), Vitamin B3: 3.22mg (16.12%), Vitamin B2: 0.26mg (15.27%), Vitamin B6: 0.3mg (14.76%), Vitamin A: 635.11IU (12.7%), Zinc: 1.72mg (11.47%), Potassium: 358.67mg (10.25%), Magnesium: 38.04mg (9.51%), Vitamin C: 7.84mg (9.51%), Vitamin B12: 0.56µg (9.28%), Vitamin B5: 0.92mg (9.22%), Folate: 35.42µg (8.85%), Vitamin B1: 0.11mg (7.63%), Manganese: 0.14mg (7%), Fiber: 1.59g (6.35%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.7mg (4.68%), Iron: 0.79mg (4.39%), Copper: 0.08mg (3.86%), Vitamin D: 0.19µg (1.28%)