



## Chicken with Creamy Roasted Poblanos

 Gluten Free

READY IN



33 min.

SERVINGS



33

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 lb broiler-fryer chicken
- 10 oz philadelphia original cooking creme
- 4 slices oscar mayer baked ham cooked chopped
- 2 Tbsp milk
- 1 lb poblano chiles peeled seeded cut into strips
- 1 tomatoes seeded chopped

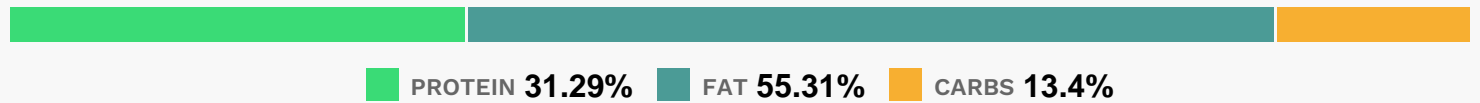
### Equipment

- frying pan

## Directions

- Cook chicken in large skillet on medium heat 10 min. or until browned on both sides, turning occasionally. Cover; cook 10 min. or until done (165F.)
- Drain any liquid from skillet.
- Stir in cooking cream, milk, chiles and ham; cook, covered, on medium–low heat 2 to 3 min. or until heated through, stirring occasionally.
- Top with tomatoes just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.61, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.7917391191358%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 59.15kcal (2.96%), Fat: 3.61g (5.55%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.61g (1.79%), Cholesterol: 17.06mg (5.69%), Sodium: 56.12mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin C: 11.88mg (14.4%), Vitamin B3: 1.59mg (7.93%), Vitamin B6: 0.12mg (5.82%), Selenium: 3.64µg (5.2%), Phosphorus: 40.92mg (4.09%), Vitamin B1: 0.04mg (2.8%), Zinc: 0.37mg (2.48%), Potassium: 81.45mg (2.33%), Vitamin A: 111.09IU (2.22%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.22mg (2.16%), Magnesium: 6.58mg (1.65%), Vitamin K: 1.61µg (1.53%), Iron: 0.27mg (1.49%), Vitamin B12: 0.09µg (1.47%), Manganese: 0.03mg (1.32%), Copper: 0.02mg (1.21%), Fiber: 0.28g (1.11%)