



Chicken with Many Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken stock see low-sodium canned
- ☐ 1 teaspoon chipotle chile in adobo minced
- ☐ 4 servings available at latin markets and specialty food markets
- ☐ 2 teaspoons garlic minced
- ☐ 1 small bell pepper green cut lengthwise into 1/3-inch strips
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large poblano chile cut lengthwise into 1/4 -inch strips

- ☐ 1 large bell pepper red cut lengthwise into 1/3-inch strips
- ☐ 1 medium onion red cut lengthwise into 1/3-inch strips
- ☐ 4 servings salt and pepper freshly ground
- ☐ 18 ounce chicken thighs boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 large bell pepper yellow cut lengthwise into 1/3-inch strips

Equipment

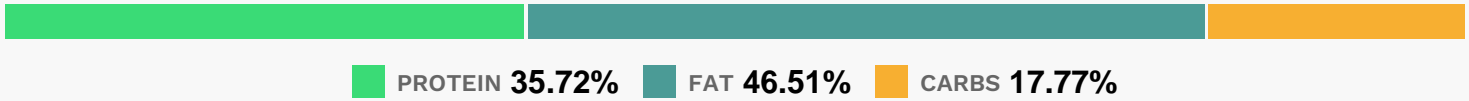
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ cutting board

Directions

- ☐ In a medium bowl, combine 2 tablespoons of the lime juice with the garlic, chipotle and sugar; season with salt and pepper.
- ☐ Add the chicken and marinate for 20 minutes.
- ☐ In a large skillet, heat 1 tablespoon of the oil until just smoking.
- ☐ Add the red, yellow and green bell peppers and the poblano chile and saut over moderately high heat, stirring occasionally, until slightly softened and beginning to brown, about 4 minutes.
- ☐ Add the onion and cook until tender and all the vegetables are slightly charred, about 4 minutes.
- ☐ Transfer to a large plate.
- ☐ Heat the remaining 1 tablespoon oil in the skillet.
- ☐ Add the chicken and cook over moderately high heat until brown on the bottom, about 4 minutes. Turn the chicken, reduce the heat to moderate and cook the other side until brown, another 4 minutes.
- ☐ Transfer the chicken to a cutting board and slice 1/2 inch thick.

- ☐ Meanwhile, add the chicken stock to the skillet and simmer over moderately high heat, scraping the pan to loosen any browned bits, until slightly reduced. Strain the sauce through a fine-mesh sieve. Wipe out the skillet and return the sauce.
- ☐ Add the butter and remaining 1 teaspoon lime juice and swirl over moderately high heat until incorporated. Return the peppers, chicken and any juices to the sauce and heat through gently.
- ☐ Serve warm.
- ☐ Serve With: Rice, warmed flour tortillas and sliced avocados.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:21.669999955789%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 298.42kcal (14.92%), Fat: 15.62g (24.04%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.48g (3.81%), Sugar: 5.58g (6.2%), Cholesterol: 128.72mg (42.91%), Sodium: 322.59mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Vitamin C: 190.4mg (230.79%), Vitamin B6: 0.96mg (47.8%), Vitamin B3: 8.68mg (43.42%), Selenium: 29.41µg (42.02%), Vitamin A: 1719.44IU (34.39%), Phosphorus: 293.29mg (29.33%), Potassium: 683.05mg (19.52%), Vitamin B5: 1.85mg (18.54%), Vitamin B2: 0.31mg (18.2%), Zinc: 2.3mg (15.34%), Vitamin E: 2.21mg (14.73%), Vitamin B12: 0.85µg (14.2%), Vitamin K: 14.75µg (14.05%), Vitamin B1: 0.2mg (13.44%), Manganese: 0.26mg (12.8%), Magnesium: 49.89mg (12.47%), Folate: 48.13µg (12.03%), Fiber: 2.94g (11.78%), Iron: 1.84mg (10.21%), Copper: 0.2mg (10.02%), Calcium: 37.73mg (3.77%)