



Chicken with Peruvian Chile Sauce

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon aji amarillo paste (found in Latin markets or the Hispanic section of grocery stores)
- 4 pound meat from a rotisserie chicken cut into 8 pieces
- 6 ounces mild feta cheese crumbled
- 0.5 tablespoon flat-leaf parsley leaves fresh chopped
- 2 cloves garlic crushed
- 0.8 cup half-and-half
- 4 teaspoons kosher salt
- 6 servings kosher salt and pepper black freshly ground

- 1 cup chicken broth low-sodium
- 0.5 cup parmesan finely grated
- 2 small shallots sliced
- 0.5 teaspoon turmeric
- 2 tablespoons vegetable oil
- 0.5 cup walnuts toasted chopped
- 1 slice torn into whole wheat
- 1 slice torn into whole wheat

Equipment

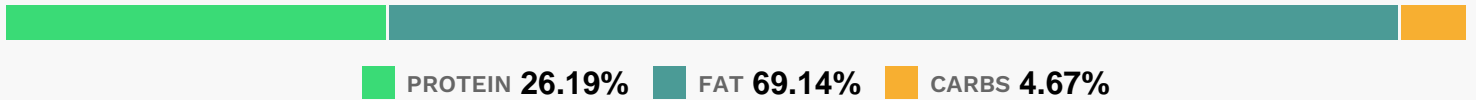
- food processor
- bowl
- frying pan
- baking sheet
- oven
- kitchen thermometer

Directions

- Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a heavy baking sheet with vegetable oil cooking spray.
- Rub the chicken on all sides with the oil and season with salt and pepper. Arrange the chicken pieces in a single layer on the prepared baking sheet.
- Bake until a meat thermometer inserted into the thickest part of each piece of chicken registers 160 degrees F, 35 to 45 minutes.
- Let the chicken rest for 15 minutes.
- Place the bread and half-and-half in the bowl of a food processor. Allow the bread to soak up the liquid, about 10 minutes.
- In a 10-inch nonstick skillet heat the oil over medium-low heat.
- Add the shallots and cook, stirring occasionally, until soft, 3 to 4 minutes.

- Add the garlic and cook until aromatic, about 30 seconds. Cool slightly and add to the food processor with the soaked bread.
- Add the broth, cheeses, 1/2 cup walnuts, Aji Amarillo paste, and turmeric. Blend until smooth.
- Pour the sauce back into the skillet and bring to a simmer over medium heat. Simmer until slightly thickened, about 5 minutes. Season with salt.
- Spoon some of the sauce on a platter and arrange the chicken on top.
- Sprinkle with the remaining toasted walnuts and cilantro (or parsley, if using) and serve.
- Cook's Note: To toast the walnuts, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degrees F oven for 6 to 8 minutes until lightly toasted. Cool completely before using.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:18.802174132803%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 590.49kcal (29.52%), Fat: 45.41g (69.86%), Saturated Fat: 14.78g (92.36%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.89g (2.14%), Sugar: 3.19g (3.55%), Cholesterol: 144.68mg (48.23%), Sodium: 2030.75mg (88.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.39%), Vitamin B3: 10.66mg (53.32%), Phosphorus: 463.34mg (46.33%), Selenium: 29.98µg (42.83%), Vitamin B6: 0.66mg (32.88%), Calcium: 326.18mg (32.62%), Zinc: 3.39mg (22.57%), Manganese: 0.44mg (21.89%), Vitamin B2: 0.34mg (20.09%), Vitamin B12: 1.12µg (18.72%), Vitamin K: 17.36µg (16.54%), Vitamin B5: 1.64mg (16.36%), Magnesium: 61.34mg (15.34%), Copper: 0.28mg (13.87%), Potassium: 484.74mg (13.85%), Vitamin A: 640.18IU (12.8%), Iron: 2.06mg (11.47%), Vitamin B1: 0.15mg (10.31%), Vitamin D: 1.1µg (7.32%), Vitamin E: 1.09mg (7.29%), Folate: 25.46µg (6.36%), Vitamin C: 4.61mg (5.59%), Fiber: 1.03g (4.1%)