



Chicken with Quick Chile Verde



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 4 servings herbed corn muffins
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 servings grapefruit
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 large jalapeno seeded chopped
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 servings snap pea and radish sauté
- ☐ 4 servings rosemary-garlic roasted potatoes
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 8 ounces tomatillos coarsely chopped (3)

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ While chicken cooks, heat a small saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, onion, and next 5 ingredients (through jalapeo); cook 8 minutes or until vegetables are tender, stirring occasionally.
- ☐ Place tomatillo mixture in a blender; add lime juice.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Pulse 10 times or until a chunky salsa forms. Spoon tomatillo mixture over chicken; sprinkle with cilantro.

Nutrition Facts



 **PROTEIN 38.85%**  **FAT 21.16%**  **CARBS 39.99%**

Properties

Glycemic Index:85.15, Glycemic Load:13.24, Inflammation Score:-9, Nutrition Score:31.676086938899%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 50.28mg, Naringenin: 50.28mg, Naringenin: 50.28mg, Naringenin: 50.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 410.83kcal (20.54%), Fat: 10.03g (15.42%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 35.65g (12.96%), Sugar: 19.52g (21.69%), Cholesterol: 108.86mg (36.29%), Sodium: 516.29mg (22.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.41g (82.81%), Vitamin B3: 20.68mg (103.38%), Vitamin C: 77.51mg (93.96%), Vitamin B6: 1.62mg (80.91%), Selenium: 55.97µg (79.96%), Phosphorus: 491.63mg (49.16%), Vitamin A: 2241.01IU (44.82%), Potassium: 1359.83mg (38.85%), Vitamin B5: 3.69mg (36.86%), Fiber: 6.98g (27.92%), Magnesium: 100.16mg (25.04%), Manganese: 0.44mg (21.9%), Vitamin B1: 0.3mg (19.88%), Vitamin B2: 0.32mg (18.81%), Folate: 68.92µg (17.23%), Zinc: 1.96mg (13.04%), Vitamin K: 13.68µg (13.03%), Copper: 0.23mg (11.72%), Iron: 1.92mg (10.68%), Vitamin E: 1.53mg (10.21%), Calcium: 77.72mg (7.77%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)