



Chicken with Tomatillo and Cilantro Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh chopped for garnish
- 1 pound tomatillos husked
- 1 medium onion diced
- 3 serrano chiles stemmed
- 1 tablespoon olive oil
- 1 teaspoon salt for sprinkling
- 3 cloves garlic finely chopped
- 2.5 pounds chicken breast whole skinless halved

1 tablespoon pumpkin seeds dry toasted

Equipment

food processor

baking sheet

sauce pan

broiler

Directions

Move broiler rack into position closest to flame. Set broiler to medium.

Place tomatillos and chiles on a rimmed baking sheet; broil until soft and blackened in spots, about 5 minutes. Turn; broil other side 5 minutes.

Remove from broiler and transfer to a food processor; blend. Increase broiler heat to high.

Place chicken on same baking sheet and sprinkle with salt. Broil chicken until browned, about 9 minutes. Turn; broil other side 9 minutes.

Heat oil in a large saucepan over low heat; cook onion and garlic, stirring occasionally, until soft and golden, about 5 minutes.

Add pureed tomatillos and chiles; simmer uncovered, 2 minutes.

Add cilantro and 1 teaspoon salt. Gently place chicken in sauce. Simmer, covered, until meat is cooked through, about 20 minutes.

Sprinkle with pumpkin seeds and cilantro.

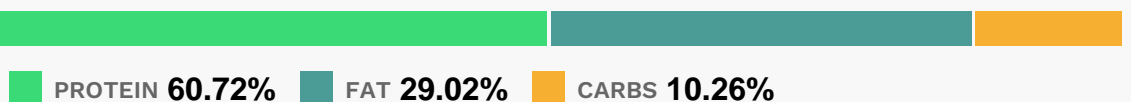
Serve with Roasted Kabocha Squash With Cumin Salt

Per serving: 231 calories, 7.6 g fat (1.3 g saturated),

Self

See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:29.47739125853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

Nutrients (% of daily need)

Calories: 420.64kcal (21.03%), Fat: 13.29g (20.45%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 7.54g (2.74%), Sugar: 5.87g (6.52%), Cholesterol: 181.44mg (60.48%), Sodium: 914.46mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.6g (125.19%), Vitamin B3: 31.93mg (159.65%), Selenium: 92.01µg (131.45%), Vitamin B6: 2.28mg (113.85%), Phosphorus: 684.57mg (68.46%), Vitamin B5: 4.3mg (42.96%), Potassium: 1446.54mg (41.33%), Magnesium: 116.03mg (29.01%), Vitamin C: 22.01mg (26.68%), Manganese: 0.42mg (21.06%), Vitamin B2: 0.34mg (20.22%), Vitamin K: 21.19µg (20.18%), Vitamin B1: 0.26mg (17.27%), Zinc: 2.18mg (14.57%), Fiber: 3.04g (12.17%), Iron: 2.17mg (12.04%), Copper: 0.23mg (11.4%), Vitamin E: 1.62mg (10.78%), Vitamin B12: 0.57µg (9.45%), Vitamin A: 392.6IU (7.85%), Folate: 28.3µg (7.07%), Calcium: 35.89mg (3.59%), Vitamin D: 0.28µg (1.89%)