



Chicken with Tomatillo Sauce and Braised Fruit



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chipotle sauce canned minced (from chipotles in adobo)
- ☐ 3 pound meat from a rotisserie chicken quartered
- ☐ 1 cinnamon sticks
- ☐ 4 servings warm corn tortillas
- ☐ 0.7 cup apricots dried
- ☐ 0.5 cup cherries dried packed
- ☐ 10 large epazote leaves fresh finely chopped

- ☐ 4 large garlic cloves chopped
- ☐ 3 green onions chopped
- ☐ 1 large onion halved thinly sliced
- ☐ 1 tablespoon oregano dried (preferably Mexican)
- ☐ 1 pound pears cored peeled cut into 1/2-inch cubes
- ☐ 2 pounds tomatillos husked rinsed quartered
- ☐ 2 tablespoons vegetable oil

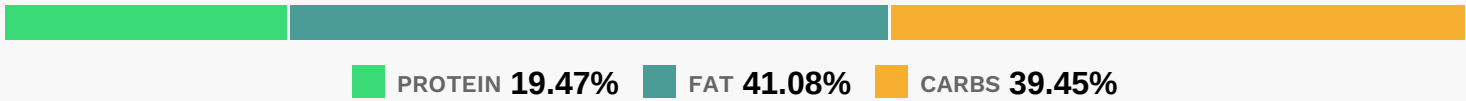
Equipment

- ☐ pot

Directions

- ☐ Rub chicken with salt, pepper, and oregano. Cover and refrigerate at least 2 hours. DO AHEAD
Can be made 1 day ahead. Keep refrigerated.
- ☐ Heat oil in a heavy large pot over medium-high heat.
- ☐ Add chicken pieces and cook until browned, about 5 minutes per side.
- ☐ Transfer chicken to plate.
- ☐ Add onion to pot; sauté 2 minutes.
- ☐ Add garlic and chipotles; stir 1 minute. Stir in tomatillos and cinnamon stick; return chicken pieces to pot. Reduce heat to low; cover and simmer until chicken is cooked through, stirring occasionally, about 35 minutes.
- ☐ Add pears, apricots, and cherries and simmer until pears are tender, stirring occasionally, about 15 minutes.
- ☐ Transfer to serving dish; sprinkle with chopped green onions and epazote, if desired.
- ☐ Serve with warm tortillas.

Nutrition Facts



Properties

Glycemic Index:54.91, Glycemic Load:15.29, Inflammation Score:-10, Nutrition Score:32.6995655503908%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

Nutrients (% of daily need)

Calories: 739.11kcal (36.96%), Fat: 34.86g (53.63%), Saturated Fat: 8.58g (53.63%), Carbohydrates: 75.34g (25.11%), Net Carbohydrates: 60.09g (21.85%), Sugar: 42.01g (46.68%), Cholesterol: 122.47mg (40.82%), Sodium: 139mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.33%), Vitamin B3: 16.63mg (83.16%), Vitamin K: 70.4µg (67.05%), Fiber: 15.25g (60.98%), Manganese: 0.97mg (48.69%), Vitamin C: 39.8mg (48.24%), Vitamin B6: 0.93mg (46.32%), Phosphorus: 462.48mg (46.25%), Potassium: 1474.64mg (42.13%), Selenium: 27.6µg (39.43%), Vitamin A: 1951.17IU (39.02%), Magnesium: 124.83mg (31.21%), Iron: 5.25mg (29.14%), Copper: 0.51mg (25.59%), Zinc: 3.39mg (22.58%), Vitamin E: 3.36mg (22.42%), Vitamin B2: 0.37mg (21.93%), Vitamin B5: 2.11mg (21.07%), Vitamin B1: 0.27mg (17.98%), Calcium: 146.8mg (14.68%), Folate: 54.42µg (13.6%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)