



## Chile-Buttermilk Baked Chicken

READY IN



47 min.

SERVINGS



4

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup butter cut into 1/2-inch pieces
- ☐ 1.5 cups buttermilk divided
- ☐ 4.5 oz chiles green chopped canned
- ☐ 4 skinned and boned chicken breasts
- ☐ 4 servings rice hot cooked
- ☐ 10.8 oz cream of mushroom soup reduced-fat canned
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 4 oz monterrey jack cheese shredded
- ☐ 0.5 teaspoon salt

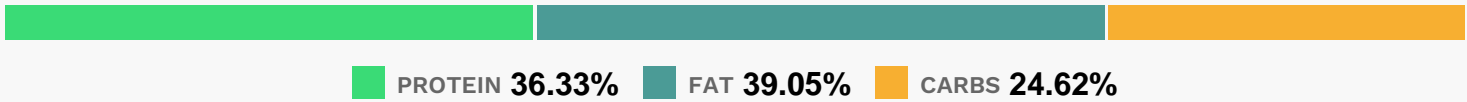
## Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 42
- ☐ Melt butter in a lightly greased 11- x 7-inch baking dish in oven 2 to 3 minutes.
- ☐ Sprinkle chicken with salt and cumin. Dip chicken in 1/2 cup buttermilk, and dredge in flour. Arrange chicken in baking dish.
- ☐ Bake at 425 for 15 minutes. Stir together cream of mushroom soup, chiles, and remaining 1 cup buttermilk.
- ☐ Pour over chicken, and bake 10 to 15 minutes or until chicken is done.
- ☐ Sprinkle with cheese, and bake 5 minutes or until cheese is melted.
- ☐ Serve chicken and sauce over hot cooked rice.
- ☐ Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:82.25, Glycemic Load:33.96, Inflammation Score:-7, Nutrition Score:33.34347830648%

## Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 734.82kcal (36.74%), Fat: 31.28g (48.12%), Saturated Fat: 16.71g (104.44%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 42.86g (15.59%), Sugar: 4.64g (5.15%), Cholesterol: 214.08mg (71.36%), Sodium: 1577.45mg (68.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.47g (130.95%), Selenium: 91.24µg (130.35%), Vitamin B3: 25.83mg (129.16%), Vitamin B6: 1.9mg (94.98%), Phosphorus: 758.55mg (75.86%), Vitamin

B5: 4.19mg (41.91%), Manganese: 0.76mg (38.1%), Vitamin B2: 0.64mg (37.73%), Calcium: 357.64mg (35.76%), Potassium: 1170.21mg (33.43%), Zinc: 3.9mg (25.98%), Magnesium: 96.41mg (24.1%), Vitamin B1: 0.35mg (23.4%), Vitamin B12: 1.25µg (20.79%), Folate: 73.23µg (18.31%), Vitamin A: 899.69IU (17.99%), Iron: 3.1mg (17.2%), Vitamin C: 13.91mg (16.86%), Copper: 0.33mg (16.33%), Vitamin D: 1.57µg (10.44%), Vitamin E: 0.97mg (6.46%), Fiber: 1.49g (5.95%), Vitamin K: 5.58µg (5.32%)