



Chile Chicken With Fries

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

706 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 pound chicken cutlets thin
- ☐ 2 teaspoons chili powder
- ☐ 1 pound fries frozen french
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup heavy cream
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 pound poblano peppers halved lengthwise seeded

☐ 1 large onion white sliced into 1/4-inch-thick rings

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat the broiler.
- ☐ Put the poblanos skin-side up on a foil-lined broiler pan; broil until charred, about 5 minutes.
- ☐ Transfer to a bowl, cover and let sit about 5 minutes. Peel and cut into 1/2-inch strips.
- ☐ Rub both sides of the chicken with the chili powder and salt to taste.
- ☐ Heat 2 tablespoons olive oil in a skillet over medium-high heat. Working in batches, cook the chicken until browned, about 30 seconds per side.
- ☐ Transfer to a plate.
- ☐ Add the remaining 1 tablespoon olive oil to the skillet, then cook the onion until softened and browned, about 5 minutes. Reduce the heat to medium and add the poblanos and garlic. Cover and cook 5 minutes.
- ☐ Meanwhile, cook the fries as the label directs.
- ☐ Cut the chicken into 1/2-inch strips and add to the skillet along with the cream. Cook, uncovered, until the chicken is cooked through and the sauce thickens, about 5 minutes. Divide the fries among plates and spoon the chicken and sauce on top.
- ☐ Serve with lime wedges, if desired.
- ☐ Per serving: Calories 761; Fat 48 g (Saturated 17 g); Cholesterol 127 mg; Sodium 474 mg; Carbohydrate 50 g; Fiber 5 g; Protein 32 g
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 PROTEIN 16.7%  FAT 58.8%  CARBS 24.5%

Properties

Glycemic Index:32.83, Glycemic Load:19.88, Inflammation Score:-8, Nutrition Score:26.73739124381%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 705.72kcal (35.29%), Fat: 46.83g (72.05%), Saturated Fat: 17.6g (110%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 36.33g (13.21%), Sugar: 5.02g (5.58%), Cholesterol: 123mg (41%), Sodium: 913.95mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.85%), Vitamin C: 80.4mg (97.46%), Vitamin B3: 14.98mg (74.88%), Vitamin B6: 1.34mg (67.21%), Selenium: 38.8µg (55.43%), Phosphorus: 384.51mg (38.45%), Potassium: 1178.82mg (33.68%), Fiber: 7.57g (30.26%), Vitamin A: 1302.07IU (26.04%), Vitamin B5: 2.49mg (24.9%), Manganese: 0.47mg (23.48%), Vitamin E: 2.84mg (18.95%), Magnesium: 67.14mg (16.79%), Vitamin B2: 0.28mg (16.32%), Vitamin B1: 0.24mg (15.78%), Vitamin K: 15.5µg (14.76%), Iron: 2.59mg (14.38%), Folate: 47.22µg (11.81%), Zinc: 1.37mg (9.16%), Copper: 0.16mg (7.86%), Calcium: 68.7mg (6.87%), Vitamin D: 0.83µg (5.52%), Vitamin B12: 0.3µg (4.97%)