



Chipotle Braised Chicken

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken pieces
- ☐ 1 teaspoon chipotle sauce
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 large onion halved lengthwise thinly sliced lengthwise

- ☐ 1 bay leaves
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water

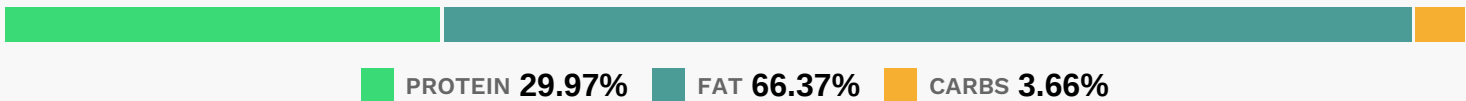
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook onion, garlic, and bay leaf in butter and 1/2 tablespoon oil with 1/8 teaspoon salt in a 12-inch heavy skillet over medium heat, stirring occasionally, until onion is beginning to brown, about 10 minutes.
- ☐ Transfer to a plate.
- ☐ Pat chicken dry and season with 1 teaspoon salt. Brown chicken in remaining tablespoon oil in 2 batches, 5 to 6 minutes per batch, transferring to a plate as browned.
- ☐ Discard all but 2 tablespoons fat from skillet, then stir in chile powder and onion mixture and cook, stirring, 1 minute. Stir in water and bring to a simmer, scraping up brown bits.
- ☐ Add chicken and cook, covered, over low heat, turning chicken once, until just cooked through, 25 to 30 minutes.
- ☐ Transfer chicken and onions with a slotted spoon to a platter. Skim off and discard fat from sauce, then boil until slightly thickened. Stir in lime juice and cilantro and spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:17.419130584468%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin:

0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 591.7kcal (29.59%), Fat: 43.04g (66.21%), Saturated Fat: 12.53g (78.3%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.21g (2.45%), Cholesterol: 181.02mg (60.34%), Sodium: 168.76mg (7.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.73g (87.47%), Vitamin B3: 15.81mg (79.04%), Selenium: 33.76µg (48.24%), Vitamin B6: 0.88mg (43.86%), Phosphorus: 355.28mg (35.53%), Vitamin B5: 2.18mg (21.77%), Zinc: 3.13mg (20.87%), Vitamin B2: 0.29mg (17.24%), Potassium: 509.62mg (14.56%), Magnesium: 51.7mg (12.93%), Iron: 2.25mg (12.52%), Vitamin B12: 0.72µg (12.05%), Vitamin B1: 0.16mg (10.74%), Vitamin E: 1.58mg (10.5%), Vitamin C: 8.64mg (10.48%), Vitamin K: 10.18µg (9.69%), Vitamin A: 483.62IU (9.67%), Copper: 0.14mg (7.21%), Manganese: 0.12mg (6.23%), Folate: 22.27µg (5.57%), Fiber: 1.1g (4.39%), Calcium: 41.19mg (4.12%), Vitamin D: 0.52µg (3.43%)