



Chipotle chicken

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 1 onion chopped
- ☐ 1 garlic clove sliced
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 tbsp chipotle paste (see tip, below)
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 tbsp apple cider vinegar
- ☐ 8 fillet chicken thighs skinless
- ☐ 1 small bunch cilantro leaves chopped

☐ 4 servings cream

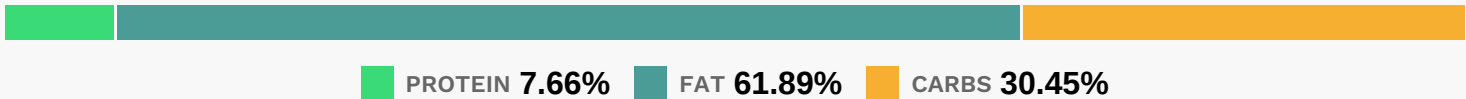
Equipment

☐ frying pan

Directions

- ☐ Fry the onion and garlic in the oil in a deep, wide frying pan until soft.
- ☐ Add the chipotle paste (use 1 tbsp for a mild flavour and 2 tbsp for a hotter, stronger one). Stir and cook for 1 min, then add the tomatoes and cider vinegar. Bring to a simmer and cook for 10 mins with the lid half on. Stir to make sure it doesnt get too dry.
- ☐ Add the chicken and cook for 10 mins or until cooked through, turning once. Scatter with coriander and serve with rice and soured cream.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:7.6204347558644%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 133.38kcal (6.67%), Fat: 9.73g (14.97%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 8.33g (3.03%), Sugar: 6.01g (6.68%), Cholesterol: 8.98mg (2.99%), Sodium: 139.87mg (6.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin E: 4.23mg (28.21%), Vitamin C: 12.12mg (14.69%), Manganese: 0.25mg (12.52%), Vitamin K: 12.24µg (11.66%), Potassium: 369.2mg (10.55%), Vitamin B6: 0.21mg (10.45%), Copper: 0.2mg (10.2%), Fiber: 2.44g (9.76%), Vitamin A: 425.82IU (8.52%), Iron: 1.44mg (7.99%), Vitamin B3: 1.4mg (7.02%), Magnesium: 25.3mg (6.33%), Vitamin B1: 0.09mg (6.31%), Calcium: 55.58mg (5.56%), Phosphorus: 55.24mg (5.52%), Vitamin B2: 0.09mg (5.13%), Folate: 20.29µg (5.07%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.41mg (2.71%), Selenium: 1.76µg (2.52%)