



WHATSheATE



Chipotle Chicken Cheesesteaks

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 2 teaspoons bottled garlic minced
- ☐ 12 ounces chicken cutlets thinly sliced
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

☐ 8 ounce hoagie rolls

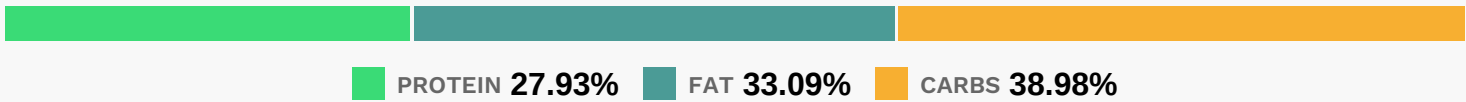
Equipment

☐ frying pan

Directions

- ☐ Remove 1 chile and 1 tablespoon adobo sauce from can; mince chile. Set chile and sauce aside. Reserve remaining chiles and sauce for another use.
- ☐ Heat 1 teaspoon oil in a large cast-iron skillet over medium-high heat.
- ☐ Add chicken; saut 4 minutes or until done.
- ☐ Remove chicken from pan.
- ☐ Heat remaining 1 teaspoon oil in pan over medium-high heat.
- ☐ Add onion, bell pepper, garlic, and thyme; saut 4 minutes. Stir in chile and adobo sauce; cook 30 seconds.
- ☐ Add chicken and salt; cook 1 minute, stirring frequently.
- ☐ Remove from heat.
- ☐ Add cheese, stirring until cheese melts. Divide mixture evenly among rolls.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:20.05, Inflammation Score:-8, Nutrition Score:21.366521576177%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 431.31kcal (21.57%), Fat: 15.77g (24.26%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 34.43g (12.52%), Sugar: 10.15g (11.28%), Cholesterol: 82.78mg (27.59%), Sodium: 667.09mg (29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.89%), Vitamin C: 52.47mg (63.6%), Iron: 10.43mg (57.96%), Selenium: 35.83µg (51.19%), Vitamin B3: 9.32mg (46.58%), Vitamin B6: 0.84mg (42.22%), Phosphorus: 333.68mg (33.37%), Vitamin A: 1481.75IU (29.64%), Fiber: 7.35g (29.4%), Calcium: 227.41mg (22.74%), Vitamin B5: 1.51mg (15.11%), Vitamin B2: 0.26mg (15.03%), Potassium: 484.09mg (13.83%), Zinc: 1.73mg (11.52%), Magnesium: 39mg (9.75%), Folate: 34.34µg (8.58%), Vitamin E: 1.27mg (8.44%), Vitamin B12: 0.47µg (7.84%), Manganese: 0.16mg (7.8%), Vitamin B1: 0.11mg (7.1%), Vitamin K: 5.15µg (4.91%), Copper: 0.06mg (3.12%), Vitamin D: 0.26µg (1.7%)