

## Chipotle Salsa Baked Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



710 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce canned tomatoes whole fire roasted canned crushed (or or tomatoes if are not available)
- 0.3 cup onion red chopped
- 1 clove garlic chopped
- 0.5 cup cilantro leaves fresh packed chopped
- 2 chipotles in adobo to taste (less )
- 1 teaspoon juice of lime
- 1 teaspoon kosher salt
- 1.5 pound chicken breast boneless skinless trimmed cut into 3-inch wide pieces (or thighs)
- 4 ounces monterrey jack cheese grated sliced

- 6 servings avocado
- 6 servings cilantro leaves chopped
- 6 servings cream sour
- 6 servings flour tortilla
- 6 servings rice
- 6 servings soup noodles

## Equipment

- food processor
- frying pan
- oven
- blender
- casserole dish
- aluminum foil
- stove

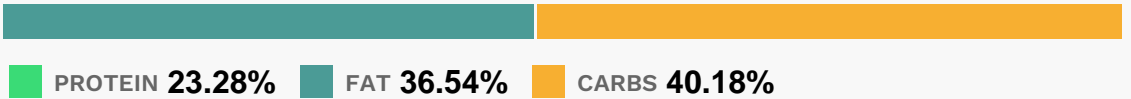
## Directions

- Place tomatoes, onion, garlic, cilantro, chipotle peppers and adobo, lime juice and salt in a blender or food processor. Pulse a few times so there are no more large chunks of anything, but not so much so that the salsa is completely smooth.
- Spread salsa over chicken: Preheat the oven to 350°F.
- Place the chicken pieces in a casserole dish, just large enough to fit them all in a single layer (about 8x10-inches).
- Spread the chipotle salsa over the chicken pieces, turning the chicken pieces to coat them all over with the salsa.
- Bake, layer with cheese, bake again: Cover with aluminum foil and bake for 25 minutes (30 minutes for thighs).
- Remove the foil, and sprinkle or layer the cheese over the chicken.
- Bake uncovered for 10 minutes more.

Serve over rice, pasta, or with tortillas on the side, along with chopped avocado, more cilantro, crema fresca or sour cream.

Variation: This is a bake-in-the-oven recipe. You could easily adapt the recipe to the stovetop this way: sear the chicken pieces first in a little olive oil, remove the chicken, add the onions to the pan, cook them till soft, add the garlic and chiles, cook a little longer, add the tomatoes, lime juice, cilantro, and salt, then add the chicken, coat the chicken with the sauce, bring to a low simmer, cover, cook for 25 minutes, sprinkle with cheese, cover and cook for a few more minutes until the cheese is melted.

## Nutrition Facts



### Properties

Glycemic Index:54.2, Glycemic Load:22.93, Inflammation Score:-8, Nutrition Score:31.661738820698%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

### Nutrients (% of daily need)

Calories: 710.32kcal (35.52%), Fat: 28.96g (44.55%), Saturated Fat: 8.63g (53.95%), Carbohydrates: 71.66g (23.89%), Net Carbohydrates: 60.89g (22.14%), Sugar: 6.06g (6.73%), Cholesterol: 96.48mg (32.16%), Sodium: 977.67mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.52g (83.03%), Selenium: 82.22µg (117.46%), Vitamin B3: 15.92mg (79.59%), Vitamin B6: 1.24mg (62.09%), Phosphorus: 555.46mg (55.55%), Fiber: 10.77g (43.07%), Manganese: 0.86mg (42.96%), Vitamin B5: 3.41mg (34.06%), Folate: 130.27µg (32.57%), Potassium: 1118.67mg (31.96%), Vitamin K: 28.58µg (27.22%), Vitamin B2: 0.46mg (27.1%), Magnesium: 102.56mg (25.64%), Calcium: 251.64mg (25.16%), Vitamin B1: 0.35mg (23.47%), Copper: 0.43mg (21.6%), Iron: 3.49mg (19.41%), Zinc: 2.89mg (19.27%), Vitamin C: 14.03mg (17.01%), Vitamin E: 2.48mg (16.55%), Vitamin A: 781.18IU (15.62%), Vitamin B12: 0.41µg (6.81%), Vitamin D: 0.23µg (1.51%)