



Chorizo and Plantain-Stuffed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 3 ounces chorizo finely chopped (such as Goya brand)
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup salsa verde green
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 pound plantains black soft cut into 1/2-inch-thick slices

- ☐ 0.5 cup poblano pepper finely chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 quarts water

Equipment

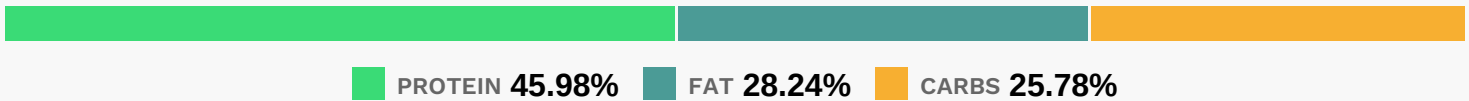
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and plantain; cook 3 minutes or until lightly browned.
- ☐ Add chorizo, poblano, cumin, 1/4 teaspoon salt, and 1/8 teaspoon pepper; cook 4 minutes or until plantain is very soft.
- ☐ Place plantain mixture in a bowl; mash with a fork. Cool 10 minutes.
- ☐ Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat.
- ☐ Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper.
- ☐ Divide plantain mixture into 4 equal portions; spoon each portion down center of each breast half, leaving a 1/2-inch border at each end. Fold sides over filling.
- ☐ Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 long side hanging over the counter's edge by 2 inches.
- ☐ Place a stuffed breast half, seam side down, on the end farthest from you, and tightly roll the breast toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the breast half on each end. Trim off excess wrap close to the knot.

- ☐
- Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled chicken on wrap, and repeat procedure. Repeat with the remaining chicken breast halves.
- ☐
- Bring 3 quarts of water to a boil in a large stockpot; add chicken. Simmer 15 minutes (do not boil), turning occasionally.
- ☐
- Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices.
- ☐
- Serve with salsa; sprinkle with chopped cilantro.
- ☐
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:22.820869627206%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 359.44kcal (17.97%), Fat: 11.12g (17.11%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 21.14g (7.69%), Sugar: 12.99g (14.44%), Cholesterol: 122.15mg (40.72%), Sodium: 731.21mg (31.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.73g (81.46%), Vitamin B3: 18.26mg (91.28%), Selenium: 55.41µg (79.16%), Vitamin B6: 1.48mg (73.96%), Phosphorus: 387.04mg (38.7%), Vitamin C: 30.08mg (36.47%), Potassium: 1034.1mg (29.55%), Vitamin B5: 2.64mg (26.4%), Vitamin A: 1032.48IU (20.65%), Magnesium: 77.24mg (19.31%), Vitamin K: 19.57µg (18.64%), Vitamin B2: 0.23mg (13.27%), Copper: 0.23mg (11.36%), Vitamin B1: 0.17mg (11.1%), Iron: 1.73mg (9.61%), Manganese: 0.19mg (9.29%), Zinc: 1.24mg (8.3%), Fiber: 1.7g (6.79%), Folate: 25.12µg (6.28%), Vitamin B12: 0.34µg (5.67%), Calcium: 42.33mg (4.23%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.17µg (1.13%)