



Creamy Chicken with Roasted Poblanos

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 lb broiler-fryer chicken
- 6 oz philadelphia cream cheese softened ()
- 0.8 cup chicken broth fat-free reduced-sodium
- 4 slices oscar mayer baked ham cooked chopped
- 1 lb roasted poblano chiles peeled seeded cut into strips
- 1 cup pomegranate seeds divided

Equipment

- frying pan

blender

Directions

- Blend broth, cream cheese and 1/3 cup pomegranate seeds in blender until smooth; strain.
- Cook chicken in large skillet on medium heat 10 min. or until evenly browned on both sides, turning occasionally.
- Add chiles and ham; cook 2 min.
- Pour cream cheese mixture over ingredients in skillet; cover. Cook on medium-low heat 15 min. or until chicken is done (165F).
- Top with remaining pomegranate seeds.

Nutrition Facts

 **PROTEIN 27.54%** **FAT 64.18%** **CARBS 8.28%**

Properties

Glycemic Index:2.97, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:3.3560869447563%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 84.96kcal (4.25%), Fat: 6.04g (9.29%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.34g (0.49%), Sugar: 1.14g (1.27%), Cholesterol: 25.55mg (8.52%), Sodium: 91.09mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Vitamin C: 11.3mg (13.69%), Vitamin B3: 1.94mg (9.71%), Selenium: 4.86µg (6.94%), Vitamin B6: 0.14mg (6.76%), Phosphorus: 53.44mg (5.34%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.31mg (3.05%), Vitamin A: 148.06IU (2.96%), Potassium: 97.79mg (2.79%), Vitamin K: 2.2µg (2.1%), Magnesium: 7.93mg (1.98%), Vitamin B12: 0.12µg (1.97%), Iron: 0.32mg (1.79%), Fiber: 0.41g (1.63%), Copper: 0.03mg (1.62%), Manganese: 0.03mg (1.38%), Vitamin E: 0.2mg (1.36%), Folate: 5.15µg (1.29%)