



## Creamy Poblano Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 skinned and boned chicken breast halves cut into bite-size pieces
- ☐ 8 servings cornbread waffles
- ☐ 10.8 ounce cream of chicken and mushroom soup undiluted canned
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon pepper
- ☐ 2 poblano chile peppers diced seeded
- ☐ 1 teaspoon salt
- ☐ 8 ounce sharp cheddar cheese shredded

- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 large onion sweet chopped

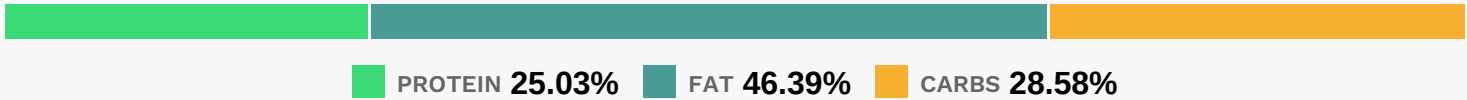
## Equipment

- ☐ dutch oven

## Directions

- ☐ Melt butter in a Dutch oven.
- ☐ Add onion, chile pepper, and garlic; saut 5 minutes.
- ☐ Add chicken, salt, and pepper; cook, stirring often, 8 to 10 minutes or until chicken is done. Stir in soup and sour cream until smooth.
- ☐ Add cheese, and cook 7 to 8 minutes or until cheese is melted.
- ☐ Serve over Cornbread Waffles.

## Nutrition Facts



## Properties

Glycemic Index:22.13, Glycemic Load:1.85, Inflammation Score:-7, Nutrition Score:23.329565488774%

## Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

## Nutrients (% of daily need)

Calories: 590.38kcal (29.52%), Fat: 30.33g (46.66%), Saturated Fat: 12.72g (79.47%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 40.07g (14.57%), Sugar: 13.55g (15.06%), Cholesterol: 154.64mg (51.55%), Sodium: 1296.83mg (56.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.64%), Selenium: 51.61µg (73.72%), Vitamin B3: 13.38mg (66.91%), Phosphorus: 654.23mg (65.42%), Vitamin B6: 1.05mg (52.7%), Calcium: 335.24mg (33.52%), Vitamin B2: 0.43mg (25.27%), Vitamin C: 20.22mg (24.51%), Vitamin B5: 2.32mg (23.2%), Vitamin A: 959.6IU (19.19%), Potassium: 667.73mg (19.08%), Zinc: 2.4mg (16%), Vitamin B1: 0.23mg (15.54%), Magnesium: 58.56mg (14.64%), Folate: 58.15µg (14.54%), Manganese: 0.27mg (13.5%), Iron: 2.25mg (12.52%), Vitamin B12: 0.73µg (12.15%), Copper: 0.18mg (9.02%), Vitamin E: 1.3mg (8.65%), Fiber: 1.98g (7.91%), Vitamin K:

7.04µg (6.7%), Vitamin D: 0.28µg (1.89%)