



WHATSheATE



Dinner Tonight: Chicken with Roasted Peppers and Salsa Verde

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 1 cup cilantro leaves roughly chopped
- ☐ 2 tablespoons crema mexicana
- ☐ 2 poblano pepper fresh
- ☐ 4 servings salt
- ☐ 4 chicken breast boneless skinless ()
- ☐ 1.5 pounds tomatillos husked rinsed

- ☐ 2 tablespoons vegetable oil
- ☐ 1 large onion white sliced

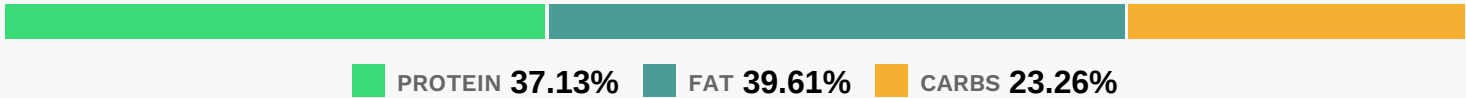
Equipment

- ☐ frying pan
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ Blacken the skin of the pobanos by sitting them over the burner on your stove. Turn regularly until evenly blackened, about 5 minutes total.
- ☐ Transfer to a plastic bag to steam for 15 minutes.
- ☐ Pour the oil into a large skillet set over medium-high heat. Season the chicken breasts with salt, and then place in the skillet. Cook until well browned, about 2 minutes a side. Set aside.
- ☐ Meanwhile, blend the tomatillos and cilantro.
- ☐ Pour this into the skillet when the onions are done. Cook until it is very thick, about 8 minutes.
- ☐ Add the broth, poblano strips, and the crema. Stir well, and season with a teaspoon of salt. Return the chicken breasts to the skillet. Reduce the heat to a simmer and cook until the chicken is completely cooked, about 8 to 10 minutes.
- ☐ Serve the chicken with the chile and onion sauce.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:24.678260699562%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.04mg, Quercetin: 11.04mg, Quercetin: 11.04mg, Quercetin: 11.04mg

Nutrients (% of daily need)

Calories: 288.06kcal (14.4%), Fat: 12.92g (19.87%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 12.08g (4.39%), Sugar: 10.23g (11.36%), Cholesterol: 77.47mg (25.82%), Sodium: 580.63mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.49%), Vitamin C: 72.95mg (88.42%), Vitamin B3: 15.43mg (77.17%), Vitamin B6: 1.13mg (56.29%), Selenium: 37.47µg (53.53%), Vitamin K: 46.86µg (44.63%), Phosphorus: 330.68mg (33.07%), Potassium: 1064.29mg (30.41%), Manganese: 0.44mg (22.14%), Vitamin B5: 2mg (19.99%), Fiber: 4.99g (19.97%), Magnesium: 74.73mg (18.68%), Vitamin A: 753.56IU (15.07%), Vitamin B1: 0.21mg (14.22%), Vitamin B2: 0.24mg (14.14%), Copper: 0.24mg (11.84%), Vitamin E: 1.77mg (11.79%), Iron: 1.87mg (10.38%), Zinc: 1.23mg (8.22%), Folate: 31.98µg (8%), Calcium: 49.28mg (4.93%), Vitamin B12: 0.24µg (3.96%)