



Four-pepper Baked Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 and bell pepper green red yellow
- 3 cups rice hot cooked
- 1 teaspoon cornstarch
- 7 oz chilies whole green cut lengthwise into 8 equal pieces canned
- 1 cup cup heavy whipping cream sour reduced-fat
- 4 servings salt and pepper
- 1.3 lb chicken thighs boneless skinless fat trimmed

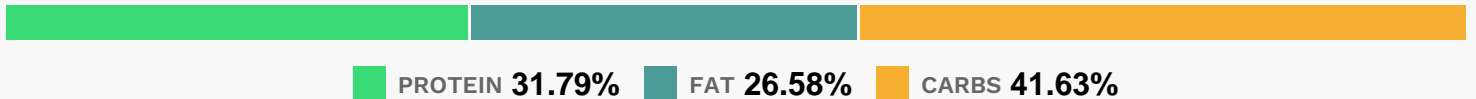
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 47
- Stem and seed bell peppers and thinly slice lengthwise.
- Place in a 9- by 13-inch baking dish and bake until tinged brown, about 15 minutes.
- Meanwhile, trim fat from chicken, fold together the halves of each thigh to make a neat bundle, then wrap each with a chili piece.
- Place chicken bundles on top of bell peppers; bake for 15 minutes. Smoothly blend sour cream with cornstarch and spoon over bundles. Continue to bake until chicken is no longer pink in center (cut to test), about 8 minutes.
- Broil chicken 3 inches from heat until sour cream is speckled brown, about 2 minutes. Lift chicken and vegetables to a platter or to 4 individual plates; pour pan juices into a small pitcher.
- Serve chicken with hot cooked rice and pan juices. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:37.5, Inflammation Score:-8, Nutrition Score:24.200869456581%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 430.71kcal (21.54%), Fat: 12.53g (19.28%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 42.68g (15.52%), Sugar: 2.82g (3.13%), Cholesterol: 154.79mg (51.6%), Sodium: 373.96mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.45%), Vitamin C: 126.4mg (153.21%), Selenium: 43.06µg (61.51%), Vitamin B6: 1.05mg (52.67%), Vitamin B3: 9.31mg (46.56%), Phosphorus: 385.39mg (38.54%), Manganese: 0.71mg (35.52%), Vitamin B5: 2.31mg (23.13%), Vitamin B2: 0.39mg (22.67%), Zinc: 3.2mg

(21.35%), Potassium: 733.53mg (20.96%), Vitamin B12: 1.15µg (19.14%), Magnesium: 67.57mg (16.89%), Vitamin A: 754.42IU (15.09%), Vitamin B1: 0.22mg (14.55%), Copper: 0.27mg (13.33%), Calcium: 116.03mg (11.6%), Iron: 2.06mg (11.46%), Vitamin K: 11.34µg (10.8%), Folate: 34.7µg (8.67%), Fiber: 1.49g (5.96%), Vitamin E: 0.82mg (5.45%)