

Limon Chicken

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons aji amarillo paste diced green yellow (or chiles)
- 4 chicken breasts halves boneless skinless
- 1 teaspoon garlic minced
- 1 cup juice of lemon freshly squeezed
- 6 servings salt and pepper
- 0.3 cup vegetable oil
- 2 pounds onions yellow halved sliced

Equipment

frying pan

sauce pan

Directions

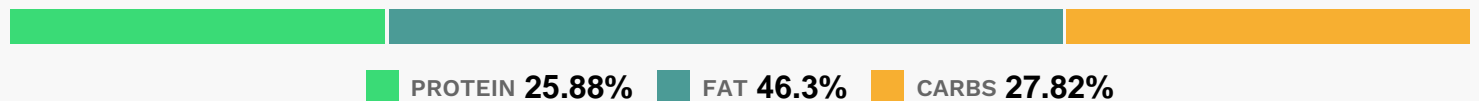
Season both sides of the chicken liberally with salt and pepper.

Heat the oil in a deep saucepan, add the chicken and sear on both sides until golden brown, about 2 minutes on each side.

Remove the chicken and add the onions and garlic and cook at medium-low heat until the onions are golden brown, about 10 minutes. Season with salt and pepper, stir in the yellow chile and return the chicken to the pan. Spoon some of the onions over the chicken, cover and cook for 10 to 15 minutes, until chile sauce has completely infused the mixture and the chicken is cooked through.

Add the lemon juice and cook another 10 minutes, to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:3.17, Inflammation Score:-7, Nutrition Score:13.590434784475%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 30.85mg, Quercetin: 30.85mg, Quercetin: 30.85mg, Quercetin: 30.85mg

Nutrients (% of daily need)

Calories: 271.43kcal (13.57%), Fat: 14.34g (22.06%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 16.65g (6.05%), Sugar: 8.16g (9.06%), Cholesterol: 48.21mg (16.07%), Sodium: 289.32mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Vitamin B3: 8.2mg (41.01%), Vitamin B6: 0.78mg (39.17%), Selenium: 25.06µg (35.8%), Vitamin C: 29.27mg (35.47%), Vitamin K: 23.13µg (22.03%), Phosphorus: 210.23mg (21.02%), Potassium: 573.01mg (16.37%), Vitamin B5: 1.32mg (13.16%), Manganese: 0.22mg (11%), Fiber: 2.74g (10.97%), Folate: 40.69µg (10.17%), Magnesium: 38.24mg (9.56%), Vitamin B1: 0.14mg (9.05%),

Vitamin E: 1.25mg (8.3%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.73mg (4.89%), Copper: 0.1mg (4.89%), Calcium: 43.61mg (4.36%), Iron: 0.71mg (3.92%), Vitamin B12: 0.15µg (2.51%)