



Mango-Serrano Drumettes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 20 chicken drumettes
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 9.6 ounce apricot-mango nectar canned
- 2 serrano chiles thinly sliced

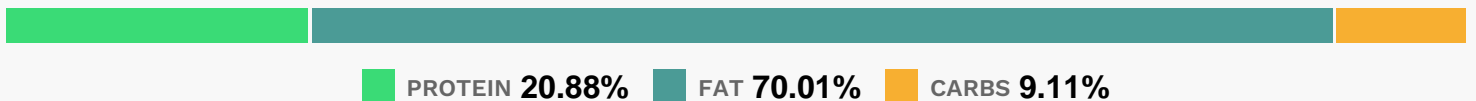
Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon
- dutch oven

Directions

- Add water to a Dutch oven to a depth of 1 inch; bring to a simmer.
- Place chicken in a vegetable steamer.
- Place steamer in pan over water; cover. Reduce heat to medium-low. Steam, covered, 10 minutes.
- Remove chicken from steamer; cool. Pat dry.
- Heat a large skillet over medium-high heat.
- Add oil; swirl to coat.
- Add chicken to pan; saut 5 minutes, turning to brown on all sides.
- Add cilantro and sliced serrano chiles to pan; saut 30 seconds, stirring constantly.
- Remove pan from heat; transfer chicken mixture to a large bowl using a slotted spoon.
- Bring mango nectar to a boil in a small saucepan over medium heat. Simmer 15 minutes or until reduced to 1/4 cup, stirring occasionally. Stir in lime juice and kosher salt.
- Drizzle mango mixture over chicken mixture; toss.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:10.674347983754%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 1.22mg,

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Nutrients (% of daily need)

Calories: 431.33kcal (21.57%), Fat: 33.47g (51.49%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 9.41g (3.42%), Sugar: 8.69g (9.66%), Cholesterol: 93.56mg (31.18%), Sodium: 383.85mg (16.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.92%), Vitamin B3: 7.33mg (36.63%), Selenium: 19.14µg (27.34%), Vitamin B6: 0.46mg (22.77%), Vitamin E: 3.03mg (20.19%), Vitamin C: 15.15mg (18.36%), Phosphorus: 164.63mg (16.46%), Vitamin A: 771.27IU (15.43%), Vitamin K: 15.06µg (14.34%), Zinc: 1.65mg (11.01%), Vitamin B5: 1mg (10.01%), Iron: 1.46mg (8.1%), Vitamin B2: 0.11mg (6.75%), Potassium: 230.8mg (6.59%), Vitamin B12: 0.39µg (6.48%), Magnesium: 25.53mg (6.38%), Vitamin B1: 0.06mg (4.32%), Copper: 0.07mg (3.46%), Folate: 11.89µg (2.97%), Calcium: 28.6mg (2.86%), Manganese: 0.05mg (2.72%), Fiber: 0.38g (1.53%)