

Mexican Chicken Sauté

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings almonds toasted chopped
- 4 tablespoon butter
- 3.5 pound chicken quartered
- 1 garlic clove finely chopped
- 3 to 2 chilies slit green hot peeled
- 2 tablespoons onion finely chopped
- 4 servings salt
- 0.7 cup wine (Pouilly Fuissé or White Pinot)

Equipment

frying pan

Directions

Brown the chicken pieces in the butter, turning each piece to color evenly. When nearly browned, add 2 tablespoons chopped onion and cook gently until onion and chicken are brown and blended.

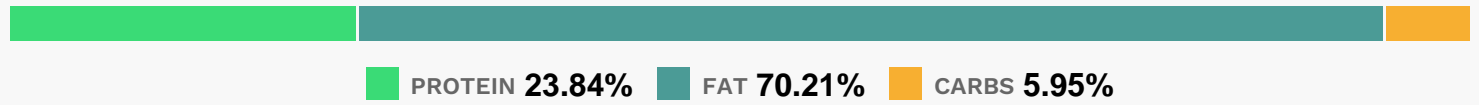
Add salt to taste, garlic, and chilis.

Pour over this mixture 2/3 cup white wine and simmer gently until chicken is tender.

Remove chicken to a hot platter, pour pan juices over it and garnish with chopped toasted almonds.

Serve with polenta.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:23.475652331891%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 728.7kcal (36.44%), Fat: 55.02g (84.65%), Saturated Fat: 16.55g (103.44%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.04g (3.38%), Cholesterol: 172.98mg (57.66%), Sodium: 532.18mg (23.14%), Alcohol: 4.12g (100%), Alcohol %: 1.66% (100%), Protein: 42.04g (84.09%), Vitamin B3: 14.1mg (70.51%),

Vitamin E: 8.58mg (57.19%), Phosphorus: 437.51mg (43.75%), Selenium: 28.98µg (41.39%), Manganese: 0.79mg (39.4%), Vitamin B6: 0.74mg (37.18%), Vitamin B2: 0.58mg (34.33%), Magnesium: 124.07mg (31.02%), Zinc: 3.51mg (23.4%), Copper: 0.41mg (20.32%), Fiber: 4.96g (19.86%), Vitamin B5: 1.92mg (19.18%), Potassium: 622.07mg (17.77%), Iron: 2.96mg (16.46%), Vitamin A: 617.04IU (12.34%), Vitamin B1: 0.18mg (12.15%), Calcium: 111.24mg (11.12%), Vitamin B12: 0.61µg (10.24%), Vitamin C: 7.7mg (9.34%), Folate: 26.42µg (6.61%), Vitamin K: 4.03µg (3.84%), Vitamin D: 0.38µg (2.54%)