



Mexican Chicken with Almond-Chile Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons almonds sliced
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 1 teaspoon canola oil
- 2 tablespoons crema mexicana
- 1 cup fat-free less-sodium chicken broth fat-free
- 1 garlic clove minced
- 2 teaspoons ancho chile pepper

- 0.3 teaspoon salt divided
- 24 ounce skinless boneless chicken breast halves boneless skinless

Equipment

- food processor
- frying pan
- blender
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Combine almonds and chile pepper in a blender or food processor; process until mixture resembles coarse meal.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle with 1/8 teaspoon salt and black pepper.
- Heat butter and oil in a large nonstick skillet over medium heat.
- Add chicken; cook 6 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add garlic to pan; cook 1 minute, stirring constantly.
- Add almond mixture, 1/8 teaspoon salt, and broth; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 3 minutes).
- Remove from heat. Stir in crema Mexicana.
- Serve sauce over chicken.
- Garnish with cilantro, if desired.

Nutrition Facts

PROTEIN 54.24% **FAT 39.83%** **CARBS 5.93%**

Properties

Glycemic Index:30.5, Glycemic Load:0.15, Inflammation Score:0, Nutrition Score:20.37913064853%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 289.14kcal (14.46%), Fat: 12.6g (19.38%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.67g (1.85%), Cholesterol: 118.21mg (39.4%), Sodium: 624.28mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.17%), Vitamin B3: 18.55mg (92.75%), Selenium: 56.21µg (80.3%), Vitamin B6: 1.32mg (66.1%), Phosphorus: 405.39mg (40.54%), Vitamin B5: 2.56mg (25.6%), Potassium: 752.74mg (21.51%), Vitamin B2: 0.3mg (17.59%), Vitamin E: 2.56mg (17.04%), Magnesium: 67.67mg (16.92%), Vitamin A: 800.87IU (16.02%), Manganese: 0.25mg (12.61%), Vitamin B1: 0.13mg (8.8%), Zinc: 1.27mg (8.47%), Vitamin B12: 0.46µg (7.63%), Copper: 0.14mg (7.18%), Fiber: 1.69g (6.77%), Iron: 1.16mg (6.46%), Calcium: 46.66mg (4.67%), Vitamin K: 4.11µg (3.92%), Vitamin C: 3.05mg (3.7%), Folate: 12.05µg (3.01%), Vitamin D: 0.17µg (1.13%)