



New Mexico Chile-Glazed Chicken on Hominy Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 5 tablespoons butter divided
- ☐ 0.8 cup chicken broth organic ()
- ☐ 4 large pepper flakes dried stemmed seeded
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 30 ounce hominy canned

- ☐ 2 tablespoons honey
- ☐ 4 chicken breast halves boneless skinless organic

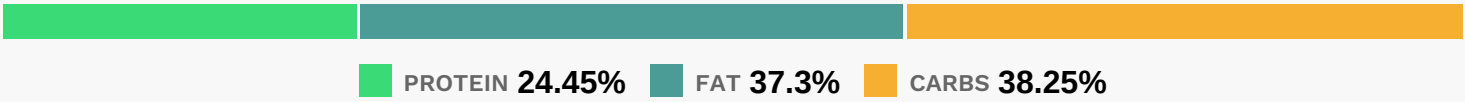
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350°F. Bring broth and chilesto boil in small saucepan. Cover; reduce heatand simmer 5 minutes.
- ☐ Transfer mixtureto blender.
- ☐ Add vinegar, honey, and cumin.Blend until smooth, thinning with broth bytablespoonfuls as needed for thick sauce.Season sauce with salt and pepper.
- ☐ Transferto bowl; rinse out and reserve blender.
- ☐ Melt 2 tablespoons butter in largeovenproof skillet over medium heat.
- ☐ Sprinklechicken with salt and pepper.
- ☐ Add to skillet;sauté until brown, about 3 minutes per side.
- ☐ Transfer skillet to oven; roast chicken untilcooked through, about 8 minutes.
- ☐ Meanwhile, blend hominy with juice untiljust coarsely chopped, about 5 seconds; drainwell. Stir hominy and 3 tablespoons butterin medium saucepan over medium heat untilheated through, about 2 minutes.
- ☐ Mix in halfof cilantro. Season with salt and pepper.
- ☐ Spoon hominy onto plates. Top withchicken, then sauce and remaining cilantro.* Available at some supermarkets and atspecialty foods stores and Latin markets.
- ☐ Per serving: 570.49 calories (kcal),32.1 % calories from fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:58.57, Glycemic Load:6.68, Inflammation Score:-8, Nutrition Score:21.786521807961%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 467.99kcal (23.4%), Fat: 19.34g (29.75%), Saturated Fat: 9.93g (62.04%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 38.58g (14.03%), Sugar: 16.28g (18.09%), Cholesterol: 110.83mg (36.94%), Sodium: 1147.49mg (49.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.53g (57.06%), Vitamin C: 66.17mg (80.21%), Vitamin B3: 12.55mg (62.74%), Selenium: 43.21µg (61.74%), Vitamin B6: 1.09mg (54.46%), Phosphorus: 340.36mg (34.04%), Fiber: 6.05g (24.18%), Zinc: 3.09mg (20.63%), Vitamin B5: 2.06mg (20.6%), Magnesium: 76.7mg (19.18%), Vitamin A: 926.05IU (18.52%), Potassium: 614.72mg (17.56%), Manganese: 0.3mg (14.93%), Iron: 2.51mg (13.93%), Vitamin B2: 0.2mg (11.86%), Vitamin K: 9.12µg (8.69%), Copper: 0.17mg (8.38%), Vitamin B1: 0.12mg (8.2%), Vitamin E: 1.07mg (7.14%), Folate: 17.94µg (4.49%), Calcium: 44.49mg (4.45%), Vitamin B12: 0.26µg (4.41%)