



## Pintor's Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 chicken breast cutlets
- 1 cup flour with salt and pepper all-purpose
- 2 tablespoons optional: dill fresh chopped
- 1 tablespoon garlic diced
- 1 cup leeks julienned
- 0.3 cup madeira wine
- 0.8 cup pinto beans
- 4 servings salt and pepper

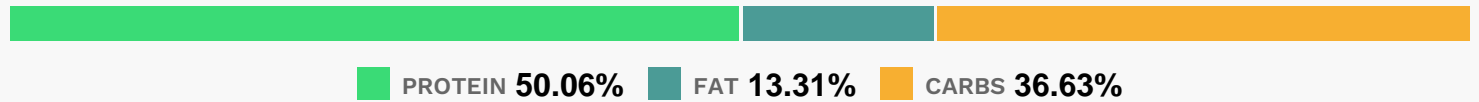
- 0.5 cup tomato sauce
- 0.3 cup bean water canned

## Equipment

## Directions

- Dredge chicken in flour, and lightly saute on both sides.
- Add garlic and saute until cooked, deglaze with Madeira.
- Add tomato sauce, bean water and dill, and let simmer and reduce for 3 to 5 minutes. Salt and pepper, to taste.
- Heat the beans separately, season with salt and pepper, and serve alongside the chicken.
- Fry julienned leeks in canola oil, season with salt and pepper.
- Garnish dishes with fried leeks.

## Nutrition Facts



## Properties

Glycemic Index:64.75, Glycemic Load:20.64, Inflammation Score:-8, Nutrition Score:30.988695548928%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 468.81kcal (23.44%), Fat: 6.61g (10.17%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 35.31g (12.84%), Sugar: 2.35g (2.61%), Cholesterol: 144.64mg (48.21%), Sodium: 607.83mg (26.43%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 55.91g (111.81%), Vitamin B3: 25.98mg (129.89%), Selenium: 86.27µg (123.24%), Vitamin B6: 1.92mg (95.95%), Phosphorus: 593.14mg (59.31%), Folate: 157.26µg (39.32%), Vitamin B5: 3.59mg (35.92%), Potassium: 1207.22mg (34.49%), Vitamin B1: 0.5mg (33.2%), Manganese:

0.63mg (31.72%), Vitamin B2: 0.44mg (25.79%), Magnesium: 99.95mg (24.99%), Fiber: 5.6g (22.39%), Iron: 4.03mg (22.39%), Zinc: 2.09mg (13.91%), Copper: 0.27mg (13.43%), Vitamin K: 13.45µg (12.81%), Vitamin A: 586.93IU (11.74%), Vitamin C: 8.66mg (10.5%), Vitamin E: 1.5mg (9.98%), Vitamin B12: 0.45µg (7.53%), Calcium: 58.57mg (5.86%), Vitamin D: 0.23µg (1.51%)