



Poached Chicken Breast with Roasted Pepper Sauce

READY IN



75 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breasts boneless skinless dry rinsed
- ☐ 3 cups chicken broth
- ☐ 1 juice of lemon juiced
- ☐ 2 lemon zest
- ☐ 7.6 ounce grain chicken and herb rice whole flavored recommended: Rice a Roni Chicken and Herb Classico Savory Grain Blends
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onions frozen thawed chopped
- ☐ 12 ounce roasted peppers red with liquid
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 seasoning packet spanish recommended: McCormick Recipe Inspirations Chicken Skillet
- ☐ 0.5 cup white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ In high-sided skillet over medium-low heat, bring the broth to a simmer.
- ☐ Add the lemon zest, lemon juice, onions and seasoning packet and stir to combine.
- ☐ Add the chicken to the skillet and cover. Simmer on low until the chicken is cooked through, about 20 minutes.
- ☐ Remove the chicken from the skillet when cooked through. Slice in 1/2-inch thick slices.
- ☐ Add the peppers with their liquid to a blender along with 1/3 cup of the poaching liquid. Puree until smooth. If it is too thick, slowly add additional poaching liquid until desired consistency. Season with salt and pepper.
- ☐ Transfer to a small pot and bring to a simmer.
- ☐ Serve the chicken topped with the roasted pepper sauce and alongside the Lemony Rice.
- ☐ In a large saucepan over low heat, combine the chicken broth and olive oil and bring to a simmer.
- ☐ Add the lemon zest, lemon juice, rice, 1 of the rice seasoning packets and the wine. Cover and cook until the rice is tender and the liquid is absorbed, 25 to 30 minutes.

Nutrition Facts



 PROTEIN **29.13%**  FAT **23.66%**  CARBS **47.21%**

Properties

Glycemic Index:27.05, Glycemic Load:26.45, Inflammation Score:-7, Nutrition Score:23.099999738776%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 468.39kcal (23.42%), Fat: 11.67g (17.96%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 49.88g (18.14%), Sugar: 2.44g (2.71%), Cholesterol: 75.85mg (25.28%), Sodium: 2183.92mg (94.95%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 32.33g (64.67%), Vitamin B3: 15.2mg (76.02%), Selenium: 45.42µg (64.89%), Vitamin C: 49.16mg (59.59%), Vitamin B6: 1.15mg (57.41%), Manganese: 0.89mg (44.75%), Phosphorus: 371.23mg (37.12%), Potassium: 803.7mg (22.96%), Vitamin B5: 2.26mg (22.64%), Vitamin B2: 0.32mg (18.77%), Copper: 0.36mg (18.04%), Magnesium: 61.72mg (15.43%), Vitamin B1: 0.18mg (12.2%), Iron: 2.19mg (12.15%), Zinc: 1.73mg (11.5%), Fiber: 2.51g (10.03%), Vitamin A: 486.28IU (9.73%), Vitamin E: 1.42mg (9.47%), Calcium: 83.32mg (8.33%), Folate: 29.02µg (7.25%), Vitamin B12: 0.38µg (6.32%), Vitamin K: 6.25µg (5.95%)