



HEALTH SCORE

57%

Poblano Chicken Salad



Gluten Free

READY IN



165 min.

SERVINGS



6

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery chopped
- ☐ 1 pound corn tortillas
- ☐ 2 eggs beaten
- ☐ 1 pound corn kernels fresh
- ☐ 4 bell peppers green seeded chopped
- ☐ 2 cups mayonnaise
- ☐ 1 cup milk
- ☐ 3 large poblano peppers

- ☐ 4 bell peppers red seeded chopped
- ☐ 3 pounds chicken breast halves boneless skinless
- ☐ 1 cup vegetable oil for frying
- ☐ 2 large onions yellow chopped

Equipment

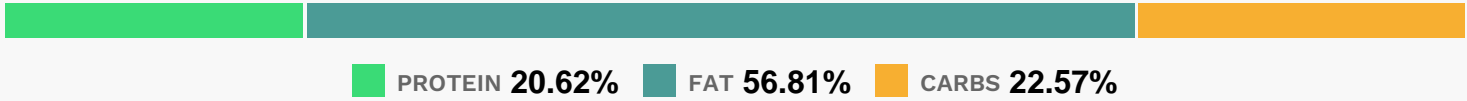
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 375 degrees F (175 degrees C).
- ☐ Coat the poblano peppers with a small amount of oil or cooking spray.
- ☐ Place directly on the oven rack. On a baking sheet, combine the onions, red and green bell peppers, celery and corn.
- ☐ Roast the vegetables and peppers for about 15 minutes in the preheated oven. Check occasionally, and turn or stir as needed for even browning.
- ☐ Remove from the oven, and refrigerate until needed.
- ☐ Tear the corn tortillas into pieces, and place them in a food processor. Process into fine crumbs. Do this in smaller batches if necessary.
- ☐ Place crumbs on a plate. In a shallow bowl, whisk together the eggs and milk.
- ☐ Heat the oil in a large skillet over medium heat. Dip chicken breast halves into the tortilla crumbs to coat, then into the egg mixture, and again in the tortilla crumbs to give them a nice thick coating. Fry the chicken until golden brown on each side, about 4 minutes per side. If your chicken is thick and isn't cooked through when the coating is browned, you can place it in the hot oven to finish it. When done, refrigerate until cooled completely.
- ☐ Peel and seed the poblano peppers.

- ☐
- Place into a food processor along with the mayonnaise. Puree until smooth, and set aside.
- ☐
- When everything has chilled, dice the chicken breasts. In a large food processor, combine the chicken and roasted vegetables. Blend in the poblano mayonnaise until your desired consistency is reached. Taste and season with salt and pepper as desired.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:18.09, Inflammation Score:-10, Nutrition Score:49.386087251746%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 8.16mg, Luteolin: 8.16mg, Luteolin: 8.16mg, Luteolin: 8.16mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg, Quercetin: 13.92mg

Nutrients (% of daily need)

Calories: 1179.54kcal (58.98%), Fat: 75.44g (116.06%), Saturated Fat: 13.1g (81.86%), Carbohydrates: 67.42g (22.47%), Net Carbohydrates: 55.78g (20.28%), Sugar: 17.25g (19.16%), Cholesterol: 235.95mg (78.65%), Sodium: 834.2mg (36.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.6g (123.2%), Vitamin C: 243.03mg (294.58%), Vitamin K: 153.9µg (146.57%), Vitamin B3: 27.81mg (139.06%), Vitamin B6: 2.65mg (132.37%), Selenium: 84.99µg (121.41%), Phosphorus: 935.72mg (93.57%), Vitamin A: 3516.33IU (70.33%), Potassium: 1820.11mg (52%), Vitamin B5: 4.85mg (48.5%), Fiber: 11.64g (46.56%), Magnesium: 180.14mg (45.04%), Vitamin E: 5.79mg (38.61%), Manganese: 0.77mg (38.59%), Vitamin B1: 0.53mg (35.25%), Vitamin B2: 0.58mg (34.4%), Folate: 119.76µg (29.94%), Zinc: 3.62mg (24.15%), Iron: 3.59mg (19.92%), Copper: 0.39mg (19.27%), Calcium: 174.15mg (17.41%), Vitamin B12: 0.89µg (14.89%), Vitamin D: 1.12µg (7.45%)