

Pollo Bianco

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 1 large onion diced
- 4 servings salt and pepper to taste
- 4 chicken thighs skinless
- 2 cups water

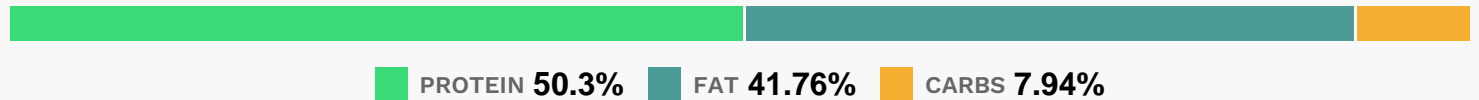
Equipment

- frying pan

Directions

- In a large skillet, heat the olive oil and add the chicken, browning both sides of each piece.
- Saute for approximately 10 minutes.
- Add salt and pepper to taste.
- Add the diced onion/s to the skillet and stir together with the chicken pieces for approximately 5 minutes.
- Add 2 cups of water and let simmer on medium high heat until the onions caramelize and create a sauce.
- Simmer for approximately 30 minutes. You may need to add more water so that the sauce mixture doesn't dry out. Once the chicken is cooked through, remove and set on a plate.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:9.9613042836604%

Flavonoids

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 180.41kcal (9.02%), Fat: 8.18g (12.59%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.59g (1.77%), Cholesterol: 107.35mg (35.78%), Sodium: 301.84mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.35%), Selenium: 25.73µg (36.75%), Vitamin B3: 6.35mg (31.77%), Vitamin B6: 0.55mg (27.39%), Phosphorus: 222.18mg (22.22%), Vitamin B5: 1.4mg (14.02%), Vitamin B2: 0.21mg (12.36%), Vitamin B12: 0.72µg (12.05%), Zinc: 1.79mg (11.96%), Potassium: 331.67mg (9.48%), Vitamin B1: 0.12mg (7.93%), Magnesium: 30.93mg (7.73%), Iron: 1mg (5.58%), Vitamin K: 5.53µg (5.27%), Copper: 0.1mg (4.85%), Vitamin E: 0.71mg (4.77%), Vitamin C: 2.78mg (3.36%), Manganese: 0.07mg (3.35%), Folate: 11.65µg (2.91%), Fiber: 0.64g (2.55%), Calcium: 22.5mg (2.25%)