



Pollo con Mojo de Ajo

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 tablespoon canola oil
- 0.8 cup less-sodium chicken broth fat-free
- 1 tablespoon cilantro leaves fresh minced
- 4 garlic cloves thinly sliced
- 2 teaspoons juice of lime fresh
- 4 lime wedges

- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

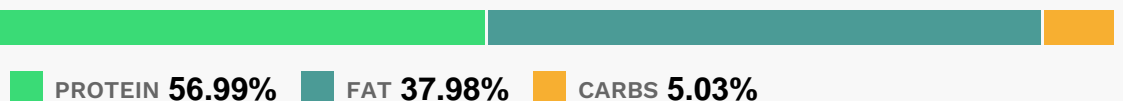
Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle chicken evenly with salt and pepper.
- Heat oil in a large nonstick skillet over medium heat.
- Add chicken; cook 6 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Melt butter in pan over medium-low heat.
- Add garlic; cook 1 minute (do not brown).
- Add broth; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 4 minutes).
- Remove from heat; stir in lime juice.
- Serve sauce over chicken; sprinkle with cilantro.
- Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:17.836956568386%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 262.48kcal (13.12%), Fat: 10.87g (16.73%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.44g (0.49%), Cholesterol: 116.39mg (38.8%), Sodium: 540.23mg (23.49%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 36.71g (73.43%), Vitamin B3: 18.04mg (90.22%), Selenium: 55.91µg (79.87%), Vitamin B6: 1.33mg (66.32%), Phosphorus: 371.15mg (37.12%), Vitamin B5: 2.54mg (25.41%), Potassium: 678.5mg (19.39%), Magnesium: 46.99mg (11.75%), Vitamin B2: 0.19mg (11.05%), Vitamin C: 8.99mg (10.9%), Vitamin B1: 0.12mg (8.28%), Vitamin B12: 0.43µg (7.19%), Vitamin E: 1.07mg (7.12%), Zinc: 1.06mg (7.05%), Manganese: 0.1mg (4.95%), Iron: 0.87mg (4.81%), Copper: 0.08mg (3.87%), Vitamin K: 3.77µg (3.59%), Vitamin A: 156.45IU (3.13%), Fiber: 0.61g (2.45%), Calcium: 23.48mg (2.35%), Folate: 9.2µg (2.3%), Vitamin D: 0.17µg (1.13%)