



 **14%**
HEALTH SCORE

Pollo con Nopales (Chicken and Cactus)

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



2

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 jalapeno fresh seeded
- 2 chicken breast halves boneless skinless
- 3 tomatillos fresh

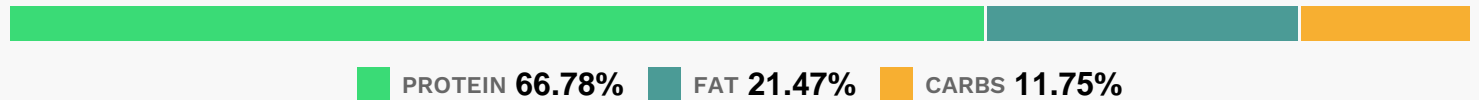
Equipment

- pot
- blender
- kitchen thermometer

Directions

- Fill a pot with water and bring to a boil. Cook the chicken breasts in the boiling water until no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Drain and set aside to cool. Once cool, shred the chicken into small strands.
- Fill the pot again with water and bring to a boil. Cook the tomatillos, jalapeno peppers, and nopales in the boiling water until the vegetables are all tender, about 5 minutes.
- Drain.
- Blend the tomatillos and jalapeno peppers in a blender until smooth; pour into the pot with the shredded chicken and place over medium heat.
- Cut the nopales into small dice and add to the mixture. Allow the mixture to simmer until completely reheated, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:15.189999989841%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 151.23kcal (7.56%), Fat: 3.52g (5.42%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.87g (3.19%), Cholesterol: 72.32mg (24.11%), Sodium: 132.22mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.34%), Vitamin B3: 13mg (64.99%), Selenium: 36.5µg (52.14%), Vitamin B6: 0.96mg (48.15%), Vitamin C: 32.23mg (39.07%), Phosphorus: 262.65mg (26.27%), Vitamin B5: 1.75mg (17.53%), Potassium: 606.86mg (17.34%), Magnesium: 42.73mg (10.68%), Vitamin K: 9.26µg (8.82%), Vitamin B2: 0.15mg (8.56%), Vitamin E: 1.16mg (7.74%), Vitamin B1: 0.1mg (6.88%), Vitamin A: 318.42IU (6.37%), Fiber: 1.56g (6.23%), Manganese: 0.12mg (5.77%), Zinc: 0.8mg (5.31%), Iron: 0.79mg (4.37%), Copper: 0.08mg (4.02%), Vitamin B12: 0.23µg (3.77%), Folate: 13.76µg (3.44%), Calcium: 11.74mg (1.17%)