



Pollo en Pipian (Chicken in Pipian Sauce)

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



334 kcal

SAUCE

Ingredients

- 1 bay leaf crumbled
- 0.3 cup olives black pitted
- 2 teaspoons pepper black
- 0.5 cup blanched almonds and
- 2 teaspoons capers
- 2 stalks celery
- 3 pound meat from a rotisserie chicken cut into parts
- 2 teaspoons chicken bouillon

- 3 guero chile peppers chopped
- 1 tablespoon olive oil extra virgin
- 2 cloves garlic
- 2 jalapeño peppers chopped
- 1 onion quartered
- 2 teaspoons salt
- 0.7 cup sesame seed
- 3 cups water

Equipment

- food processor
- frying pan
- sauce pan
- blender

Directions

- In a large saucepan, combine chicken, water, celery, bay leaf, onion, and garlic. Season with salt and pepper. Cook until chicken is cooked through and tender. Strain, reserving the broth. Skin and bone the chicken; set the meat aside.
- Toast the sesame seeds lightly in a skillet, stirring constantly, until they are fragrant. In a food processor or blender, puree the sesame seeds and almonds with 1 cup of the reserved chicken broth.
- Heat oil in a skillet over medium low heat.
- Add the blended sesame seed and almond mixture, and cook for 5 to 8 minutes, or until thickened. Stir in 1 to 2 cups reserved chicken broth and chicken bouillon. Simmer for 5 minutes. Stir in the chopped peppers, olives, capers, and chicken. Simmer for 10 minutes, and serve hot.

Nutrition Facts

 PROTEIN 23.21%  FAT 66.83%  CARBS 9.96%

Properties

Glycemic Index:29.13, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:17.079999959987%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 334.13kcal (16.71%), Fat: 25.36g (39.02%), Saturated Fat: 5.08g (31.77%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.2g (2.45%), Cholesterol: 61.24mg (20.41%), Sodium: 762.79mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.63%), Vitamin C: 31.3mg (37.93%), Copper: 0.69mg (34.71%), Vitamin B3: 6.72mg (33.61%), Manganese: 0.61mg (30.43%), Vitamin B6: 0.53mg (26.52%), Phosphorus: 253.04mg (25.3%), Selenium: 16.71µg (23.87%), Magnesium: 90.79mg (22.7%), Vitamin E: 2.88mg (19.2%), Iron: 3.16mg (17.55%), Calcium: 169.15mg (16.92%), Zinc: 2.38mg (15.9%), Fiber: 3.34g (13.36%), Vitamin B2: 0.21mg (12.57%), Vitamin B1: 0.19mg (12.54%), Potassium: 385.88mg (11.03%), Vitamin K: 9.31µg (8.86%), Vitamin B5: 0.87mg (8.73%), Folate: 32.32µg (8.08%), Vitamin A: 385.9IU (7.72%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.16µg (1.09%)