



Pollo Oaxaca

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken cut into pieces
- 0.5 bunch cilantro leaves
- 2 cloves garlic
- 2 jalapeno
- 1 juice of lime juiced
- 0.5 cup monterrey jack cheese shredded
- 1 onion sliced
- 1.5 tablespoons oregano dried

- 6 servings salt to taste
- 6 servings salt and pepper to taste
- 10 tomatillos fresh
- 3 tablespoons vegetable oil

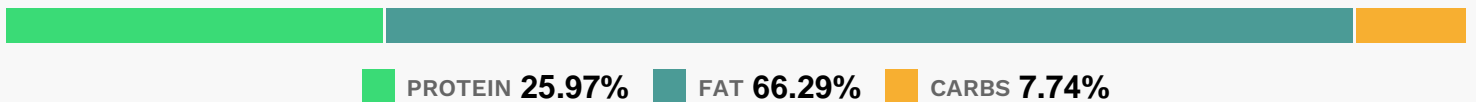
Equipment

- frying pan
- blender

Directions

- Heat the vegetable oil in a large skillet over medium heat. Stir in the chicken, and season with oregano, minced garlic, and salt and pepper. Cook and stir until the chicken is lightly browned. Stir in the onion, then cover and reduce heat to low.
- Place tomatillos, cilantro, jalapeno pepper, whole garlic, lime juice, and salt in a blender. Pulse to a chunky consistency.
- Pour half of the tomatillo mixture over the chicken. Continue simmering until chicken is tender, 35 to 40 minutes more.
- Serve with remaining sauce and top with Monterey Jack cheese.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:13.638695722041%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 362.32kcal (18.12%), Fat: 26.73g (41.12%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.4g (3.77%), Cholesterol: 90.03mg (30.01%), Sodium: 522.61mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.11%), Vitamin B3: 8.62mg (43.11%), Vitamin K: 30.92µg (29.45%), Selenium: 17.65µg (25.21%), Vitamin B6: 0.49mg (24.5%), Phosphorus: 234.87mg (23.49%), Vitamin C: 17.28mg (20.95%), Zinc: 1.92mg (12.83%), Potassium: 432.75mg (12.36%), Vitamin B2: 0.2mg (12.06%), Vitamin B5: 1.16mg (11.6%), Calcium: 114.13mg (11.41%), Manganese: 0.22mg (11.02%), Iron: 1.95mg (10.82%), Magnesium: 42.39mg (10.6%), Vitamin E: 1.55mg (10.33%), Fiber: 2.11g (8.44%), Vitamin A: 408.93IU (8.18%), Vitamin B1: 0.11mg (7.19%), Vitamin B12: 0.42µg (6.93%), Copper: 0.12mg (6.17%), Folate: 20.84µg (5.21%), Vitamin D: 0.27µg (1.83%)