



Seared Chicken and Peppers with Cilantro Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1.5 cups cilantro leaves fresh
- ☐ 1 garlic clove peeled
- ☐ 1 jalapeno seeded
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup picante sauce

- ☐ 1 bell pepper red quartered
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 1 bell pepper yellow quartered

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

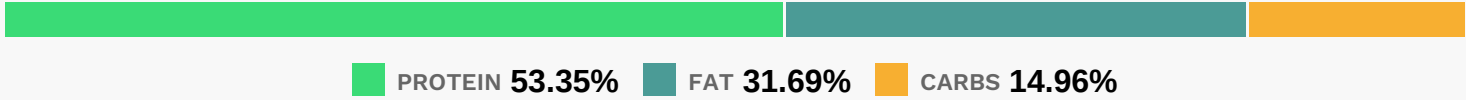
- ☐ Combine first 4 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator for 20 minutes.
- ☐ Prepare grill or broiler.
- ☐ Drop the garlic and jalapeo through food chute with food processor on, and process until minced.
- ☐ Add cilantro leaves; process until finely minced.
- ☐ Heat oil in a small saucepan over medium heat until hot.
- ☐ Add flour; cook 1 minute, stirring constantly with a whisk.
- ☐ Add cilantro mixture, broth, and salt; cook 4 minutes or until slightly thick, stirring occasionally.
- ☐ Remove from heat; keep warm.
- ☐ Remove the chicken and bell pepper pieces from bag, and reserve marinade.
- ☐ Place chicken and bell pepper pieces on grill rack or broiler pan coated with cooking spray. Cook 5 minutes on each side or until the chicken is done, basting with marinade. Divide cilantro sauce evenly among 4 plates. Arrange the chicken and bell pepper pieces on top of

the sauce.

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 Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:21.092608856118%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 192.41kcal (9.62%), Fat: 6.74g (10.37%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.72g (3.02%), Cholesterol: 72.57mg (24.19%), Sodium: 572.32mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Vitamin C: 100.65mg (122.01%), Vitamin B3: 13.01mg (65.07%), Vitamin B6: 1.08mg (53.95%), Selenium: 37.54µg (53.63%), Vitamin A: 1623.67IU (32.47%), Phosphorus: 271.24mg (27.12%), Vitamin K: 24.42µg (23.26%), Potassium: 678.76mg (19.39%), Vitamin B5: 1.9mg (19.02%), Vitamin E: 1.86mg (12.42%), Magnesium: 44.13mg (11.03%), Vitamin B2: 0.18mg (10.42%), Manganese: 0.17mg (8.55%), Folate: 33.51µg (8.38%), Vitamin B1: 0.12mg (8.17%), Fiber: 1.78g (7.12%), Zinc: 0.9mg (6%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.54%), Vitamin B12: 0.26µg (4.41%), Calcium: 26.92mg (2.69%)