



Skillet Mexican Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced italian with seasonings canned
- ☐ 2 pounds skin-on chicken drumsticks
- ☐ 0.5 to 1 chipotle chile in adobo sauce canned mashed
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup water

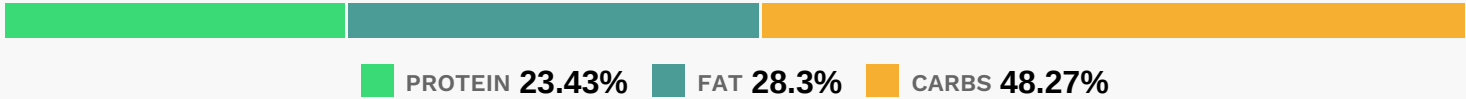
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook 5 minutes or until browned, turning often.
- ☐ Remove chicken.
- ☐ Reduce heat to medium; add onion, and saut 4 minutes or until just opaque.
- ☐ Add tomatoes, water, and chile pepper to onion mixture; stir well. Bring sauce to a boil; add chicken, and spoon sauce over chicken to lightly coat. Cover, reduce heat, and simmer 50 to 55 minutes or until chicken is done, turning occasionally.
- ☐ Place chicken on a serving platter, and spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:54.427825958832%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 540.03kcal (27%), Fat: 19.55g (30.08%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 75.04g (25.01%), Net Carbohydrates: 30.5g (11.09%), Sugar: 6.02g (6.69%), Cholesterol: 139.8mg (46.6%), Sodium: 186.1mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.84%), Vitamin K: 643.46µg (612.82%), Manganese: 5.21mg (260.28%), Iron: 38.91mg (216.17%), Fiber: 44.54g (178.17%), Calcium: 1666.04mg (166.6%), Vitamin E: 19.21mg (128.04%), Vitamin B6: 1.63mg (81.27%), Magnesium: 312.01mg (78%), Folate: 255.72µg (63.93%), Vitamin B3: 12.16mg (60.82%), Selenium: 34.3µg (49%), Potassium: 1692.13mg (48.35%), Vitamin B2: 0.81mg (47.48%), Phosphorus: 415.94mg (41.59%), Zinc: 5.75mg (38.34%), Copper: 0.76mg (38.06%), Vitamin A: 1818.86IU (36.38%), Vitamin B5: 2.57mg (25.67%), Vitamin B1: 0.32mg (21.56%), Vitamin B12: 0.84µg (13.93%), Vitamin C: 5.32mg (6.45%), Vitamin D: 0.15µg (1.01%)