



Smoked Chicken with Roasted-Red Pepper Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 1 chipotle chile in adobo sauce diced canned drained
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup onion red chopped
- ☐ 7 ounce roasted bell peppers red drained sliced

- ☐ 1 cup salsa
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

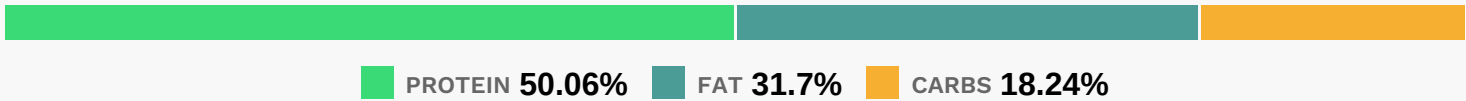
Equipment

- ☐ frying pan

Directions

- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from skillet; crumble and set aside.
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Add chicken to bacon drippings in pan; saut 2 minutes on each side.
- ☐ Remove chicken from pan.
- ☐ Add onion, coriander, garlic, and chile to pan; saut 3 minutes. Stir in salsa and bell peppers. Return chicken to pan. Cover and cook over medium heat 12 minutes or until chicken is done.
- ☐ Sprinkle with crumbled bacon; garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:17.382608776507%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 217.84kcal (10.89%), Fat: 7.66g (11.78%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.25g (2.64%), Sugar: 3.6g (4%), Cholesterol: 79.83mg (26.61%), Sodium: 1456.62mg (63.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.41%), Vitamin B3: 13.32mg (66.58%), Selenium: 39.72µg (56.75%), Vitamin B6: 1.13mg (56.68%), Vitamin C: 27.9mg (33.82%), Phosphorus: 295.16mg (29.52%),

Potassium: 724.57mg (20.7%), Vitamin B5: 1.87mg (18.67%), Manganese: 0.26mg (12.78%), Magnesium: 49.62mg (12.4%), Vitamin A: 609.54IU (12.19%), Fiber: 2.66g (10.66%), Vitamin B1: 0.15mg (10.17%), Vitamin B2: 0.17mg (9.81%), Copper: 0.16mg (8.04%), Iron: 1.36mg (7.55%), Zinc: 1.08mg (7.2%), Vitamin E: 1.06mg (7.09%), Calcium: 55.85mg (5.58%), Folate: 18.96µg (4.74%), Vitamin B12: 0.28µg (4.7%), Vitamin K: 3.28µg (3.12%), Vitamin D: 0.16µg (1.05%)