



## Smoky Spanish Chicken

READY IN



40 min.

SERVINGS



40

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup tomatoes canned crushed
- 1 cup chicken broth
- 0.5 cup philadelphia cream cheese spread ()
- 1 Tbsp flour
- 2 Tbsp chives fresh chopped
- 2 cloves garlic minced
- 1 Tbsp oil
- 1 large onion
- 1 lb chicken breasts boneless skinless

2 tsp paprika smoked

## Equipment

frying pan

## Directions

Heat half the oil in large nonstick skillet on medium-high heat.

Add chicken; cook 3 to 4 min. on each side or until browned on both sides.

Remove from skillet.

Heat remaining oil in skillet on medium heat.

Add onions and garlic; cook and stir 5 min. or until crisp-tender. Stir in flour and paprika; cook and stir 1 min.

Add broth and tomatoes. Return chicken to skillet; cover. Simmer 15 min. or until chicken is done (165F).

Add cream cheese spread; cook 2 to 3 min. or until melted, stirring frequently. Stir in chives.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.5704347873512%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 27.11kcal (1.36%), Fat: 1.3g (2%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.42g (0.47%), Cholesterol: 9.13mg (3.04%), Sodium: 52.36mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B3: 1.26mg (6.3%), Selenium: 3.78µg (5.4%), Vitamin B6: 0.1mg (4.91%), Phosphorus: 26.94mg (2.69%), Vitamin A: 92.85IU (1.86%), Vitamin B5: 0.18mg (1.8%), Potassium: 60.88mg (1.74%), Vitamin B2: 0.02mg (1.17%), Magnesium: 4.31mg (1.08%), Manganese: 0.02mg (1.04%), Vitamin E: 0.15mg (1.02%)