



Smothered Green Chile Pepper Chicken

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- 8 chiles whole green canned drained
- 1 tablespoon juice of lime fresh ()
- 2 ounces part-skim mozzarella cheese shredded
- 3 ounce chicken thighs boneless skinless
- 3 tablespoons taco seasoning reduced-sodium

Equipment

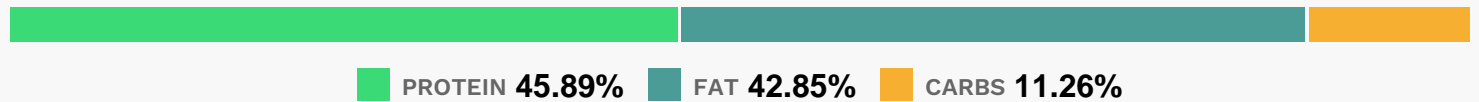
- oven
- baking pan

aluminum foil

Directions

- Preheat oven to 40
- Arrange chicken in an 8-inch square baking dish; squeeze lime juice evenly over chicken.
- Sprinkle evenly with taco seasoning.
- Slice chiles lengthwise, cutting to, but not through, other side; open flat.
- Place 1 chile over each chicken thigh. Cover dish with foil; bake at 400 for 30 minutes.
- Sprinkle cheese evenly over chiles and chicken; bake, uncovered, an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.5195651935494%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.19kcal (3.31%), Fat: 3.14g (4.83%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.58g (0.64%), Cholesterol: 29.27mg (9.76%), Sodium: 265.96mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.13%), Calcium: 114.01mg (11.4%), Phosphorus: 106.13mg (10.61%), Selenium: 6.86µg (9.79%), Vitamin B3: 1.22mg (6.1%), Vitamin B6: 0.11mg (5.42%), Vitamin A: 253.57IU (5.07%), Vitamin B2: 0.08mg (4.81%), Zinc: 0.72mg (4.79%), Vitamin B12: 0.25µg (4.21%), Vitamin C: 2.65mg (3.22%), Vitamin B5: 0.27mg (2.73%), Magnesium: 8.53mg (2.13%), Potassium: 70.65mg (2.02%), Iron: 0.36mg (1.99%), Fiber: 0.4g (1.61%), Vitamin B1: 0.02mg (1.52%)