



Take-Out Fake-Out Pollo Con Crema

READY IN



60 min.

SERVINGS



12

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 0.3 cup flour all-purpose
- ☐ 12 6-inch flour tortillas ()
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 cups heavy cream
- ☐ 3 tablespoons catsup to taste

- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 dashes pepper sauce hot to taste redhot® (such as Frank's)
- ☐ 2 large bell peppers red cut into chunks
- ☐ 12 servings salt and pepper to taste
- ☐ 4 large chicken breast halves boneless skinless cubed
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 large onion yellow sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle chicken cubes with salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a large skillet over medium heat, and cook and stir the chicken until the juices run clear, 5 to 10 minutes.
- ☐ Transfer the chicken to a bowl, and heat 1 more tablespoon olive oil in skillet over medium heat. Cook and stir the mushrooms, bell peppers, onion, and garlic until the vegetables are beginning to brown, about 10 minutes.
- ☐ Transfer the vegetables into the bowl with the chicken.
- ☐ Melt butter over medium-high heat in the same skillet, and whisk in the flour. Cook the mixture, whisking constantly, until the roux is lightly browned and gives off a toasted fragrance, about 2 minutes.
- ☐ Whisk in the broth, bring to a simmer, and whisk until thickened. Reduce heat to low, and whisk in the cream, sour cream, ketchup, hot sauce, cumin, and ground dried chiles. Cover the skillet, and simmer until thick and the flavors have blended, about 15 minutes, stirring occasionally. Gently stir in the chicken and vegetables.
- ☐ Serve rolled in flour tortillas.

Nutrition Facts



 PROTEIN **15.78%**  FAT **57.23%**  CARBS **26.99%**

Properties

Glycemic Index:23.75, Glycemic Load:6.91, Inflammation Score:-8, Nutrition Score:14.523478238479%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 335.54kcal (16.78%), Fat: 21.62g (33.25%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 20.79g (7.56%), Sugar: 5.05g (5.61%), Cholesterol: 70.72mg (23.57%), Sodium: 544.51mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Vitamin C: 37.32mg (45.23%), Vitamin B3: 6.87mg (34.34%), Selenium: 22.7µg (32.42%), Vitamin A: 1474.14IU (29.48%), Vitamin B6: 0.44mg (22.18%), Phosphorus: 204.15mg (20.42%), Vitamin B2: 0.32mg (18.79%), Vitamin B1: 0.24mg (16.06%), Folate: 54.62µg (13.66%), Manganese: 0.25mg (12.31%), Potassium: 392.04mg (11.2%), Vitamin B5: 1.08mg (10.84%), Iron: 1.83mg (10.17%), Vitamin E: 1.31mg (8.72%), Fiber: 2.14g (8.54%), Calcium: 81.38mg (8.14%), Copper: 0.14mg (7.01%), Magnesium: 27.38mg (6.84%), Vitamin K: 6.52µg (6.21%), Zinc: 0.73mg (4.83%), Vitamin D: 0.55µg (3.68%), Vitamin B12: 0.18µg (2.97%)