



## Texas Style Chicken Tequila

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



432 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup chicken stock see
- 1 tablespoon cooking oil
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons garlic chopped
- 1 medium bell pepper green thinly sliced
- 1.5 cups heavy cream
- 2 tablespoons jalapeno finely chopped
- 3 tablespoons juice of lime

- 0.3 medium onion thinly sliced
- 0.5 medium bell pepper red thinly sliced
- 0.3 cup romano cheese freshly grated
- 4 chicken breast halves boneless skinless cut into cubes
- 3 tablespoons soya sauce
- 0.3 cup tequila
- 3 tablespoons butter unsalted divided

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Heat 2 tablespoons of butter in a small saucepan over medium heat.
- Add garlic and jalapeno, and saute until soft.
- Pour in chicken stock, tequila, and lime juice. Bring to a boil, then lower the heat and simmer until the mixture is reduced to a paste, about 15 minutes. Stir occasionally to make sure it is not sticking.
- While the sauce is cooking, place the chicken in a bowl, and pour soy sauce over it. Melt remaining butter in a skillet, and saute the onion, red bell pepper and green bell pepper until soft.
- Remove vegetables, and set aside.
- Add oil to the skillet, and cook the chicken over medium-high heat until lightly browned.
- Pour in the sauce and heavy cream, and add the peppers. Bring to a boil, and simmer until chicken is cooked through, about 5 minutes.
- Remove from heat, and stir in Romano cheese and cilantro. Taste and adjust seasonings if desired.
- Serve immediately.

## Nutrition Facts

PROTEIN 20.84% FAT 72.47% CARBS 6.69%

## Properties

Glycemic Index:36.67, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:15.815652069838%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

## Nutrients (% of daily need)

Calories: 432.03kcal (21.6%), Fat: 33.3g (51.22%), Saturated Fat: 18.92g (118.27%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.97g (2.17%), Sugar: 3.7g (4.11%), Cholesterol: 136.88mg (45.63%), Sodium: 704.56mg (30.63%), Alcohol: 3.34g (100%), Alcohol %: 1.77% (100%), Protein: 21.54g (43.08%), Vitamin C: 39.47mg (47.84%), Vitamin B3: 8.87mg (44.37%), Selenium: 27.72µg (39.61%), Vitamin B6: 0.76mg (37.85%), Vitamin A: 1582.68IU (31.65%), Phosphorus: 268.74mg (26.87%), Vitamin B2: 0.27mg (15.59%), Vitamin B5: 1.39mg (13.92%), Potassium: 479.66mg (13.7%), Calcium: 116.88mg (11.69%), Vitamin E: 1.73mg (11.5%), Magnesium: 36.39mg (9.1%), Vitamin K: 9.42µg (8.98%), Manganese: 0.15mg (7.74%), Vitamin D: 1.16µg (7.73%), Vitamin B1: 0.1mg (6.92%), Zinc: 0.91mg (6.04%), Vitamin B12: 0.32µg (5.33%), Folate: 18.62µg (4.66%), Iron: 0.84mg (4.66%), Copper: 0.09mg (4.25%), Fiber: 0.94g (3.76%)