



Tomatillo Chicken



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 2 cup chicken stock see
- ☐ 3 tablespoon cilantro leaves whole finely chopped for garnish
- ☐ 3 clove garlic minced peeled
- ☐ 1 teaspoon ground cumin
- ☐ 1 pinch kosher salt & pepper black
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 2 tablespoon olive oil
- ☐ 1 onion finely chopped

☐ 1 pound tomatillos husked rinsed quartered

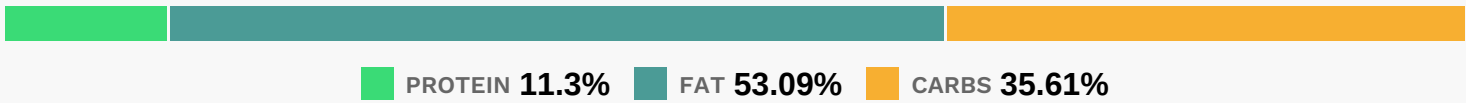
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large sauté pan over medium-high heat. Sear the chicken until browned on all sides, about 8 minutes.
- ☐ Transfer the chicken to a plate.Reduce the heat to medium, add the onion to the pan, and cook until softened, 3 to 5 minutes.
- ☐ Add the stock, stirring to scrape up any browned bits from the bottom of the pan.
- ☐ Add the roasted chiles, garlic, tomatillos, chopped cilantro, and cumin. Bring to a boil, then reduce the heat to low. Return the chicken and any juices that have collected on the plate to the pan, cover, and simmer, turning once, until the chicken is opaque throughout, 20 to 30 minutes.
- ☐ Transfer the chicken to a platter.
- ☐ Add the lime juice to the sauce remaining, stir to combine; season with salt and pepper.
- ☐ Pour the sauce over the chicken and garnish with the whole cilantro leaves.
- ☐ Serve with tortillas on the side.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:8.2208696137304%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 158.6kcal (7.93%), Fat: 9.75g (15%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 11.97g (4.35%), Sugar: 7.62g (8.46%), Cholesterol: 3.6mg (1.2%), Sodium: 185.1mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin C: 17.49mg (21.2%), Vitamin B3: 4.07mg (20.37%), Vitamin K: 17.03µg (16.22%), Potassium: 494.04mg (14.12%), Manganese: 0.27mg (13.26%), Fiber: 2.75g (10.98%), Vitamin E: 1.51mg (10.1%), Vitamin B6: 0.2mg (10.08%), Phosphorus: 91.21mg (9.12%), Vitamin B2: 0.15mg (9.07%), Copper: 0.18mg (8.89%), Magnesium: 33mg (8.25%), Iron: 1.43mg (7.95%), Vitamin B1: 0.11mg (7.55%), Selenium: 3.7µg (5.28%), Folate: 19.84µg (4.96%), Zinc: 0.52mg (3.46%), Vitamin A: 162.1IU (3.24%), Calcium: 27.39mg (2.74%), Vitamin B5: 0.22mg (2.24%)