



Yellow Pepper Chipotle Chicken



Gluten Free



Dairy Free

READY IN



47 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with green peppers and onion, un-drained canned
- ☐ 4 skin-on chicken drumsticks
- ☐ 4 chicken thighs
- ☐ 2 chipotle sauce chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 1.5 teaspoons sugar
- ☐ 1.3 cups bell pepper yellow chopped (1 large)

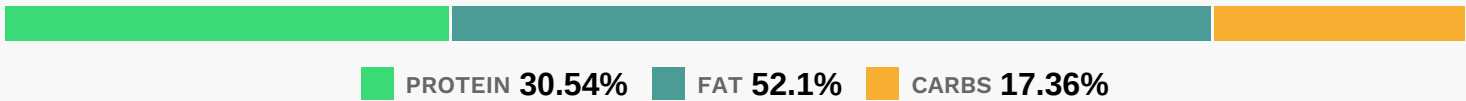
Equipment

- ☐ frying pan

Directions

- ☐ Heat a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken, and cook 5 minutes; turn and cook 3 minutes.
- ☐ Remove chicken; keep warm.
- ☐ Add bell pepper, onion, and garlic to pan; coat vegetables with cooking spray. Saut vegetable mixture 2 minutes or until tender.
- ☐ Add tomatoes, chipotle chiles, and next 2 ingredients; bring to a boil. Return chicken to pan; cover, reduce heat to medium-low, and cook 25 minutes or until chicken is done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Cook tomato mixture over medium-high heat 1 minute or until slightly thick, stirring constantly.
- ☐ Remove pan from heat; stir in lime juice.
- ☐ Serve tomato mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:4.26, Inflammation Score:-7, Nutrition Score:24.072608771531%

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 Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 452kcal (22.6%), Fat: 26.4g (40.62%), Saturated Fat: 7.04g (44%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 15.66g (5.69%), Sugar: 9.26g (10.29%), Cholesterol: 180.39mg (60.13%), Sodium: 598.23mg (26.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.63%), Vitamin C: 99.92mg (121.11%), Vitamin B3: 10.65mg (53.26%), Selenium: 37.21µg (53.16%), Vitamin B6: 0.96mg (47.9%), Phosphorus: 364.99mg (36.5%), Potassium: 875.21mg (25.01%), Vitamin B5: 2.37mg (23.67%), Zinc: 3.33mg (22.2%), Vitamin B2: 0.36mg (20.92%), Vitamin B12: 1.14µg (18.99%), Manganese: 0.38mg (18.84%), Copper: 0.37mg (18.38%), Vitamin B1: 0.26mg (17.36%), Magnesium: 67.81mg (16.95%), Fiber: 4.13g (16.52%), Iron: 2.93mg (16.25%), Vitamin E: 1.68mg (11.23%), Folate: 39.19µg (9.8%), Vitamin K: 9.95µg (9.47%), Vitamin A: 439.99IU (8.8%), Calcium: 72.02mg (7.2%), Vitamin D: 0.19µg (1.26%)