

Chicken with Chipotle Gravy

submitted by sbryant008

Per serving: 253 Calories • 18.5g Carbs (0.4g Fiber) • 7.3g Fat • 27.7g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 tbsp **Garlic** (8.5 grams)
- 1 small **Onions** (70 grams)
- 1 7 oz can **Chipotle Peppers in Adobo Sauce**
- 3 tbsp **Honey** (63 grams)
- 1 tbsp **Coconut oil** (13.6 grams)
- 2 breast, bone and skin removed **Chicken breast** (472 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Add garlic, onions, honey, and chipotle peppers along with their sauce to blender. Blend until the ingredients are fully combined and have become a smooth mixture.
2. Warm the coconut oil in the pan. Add chicken breasts and sauce to the pan.
3. Simmer on medium-low for about 7 minutes per side or until cooked through and no longer pink in the middle. Enjoy!