



Arroz con Pollo

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



8

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices oscar mayer bacon
- 14 oz canned tomatoes diced drained canned
- 1 cup peas and cherry tomatoes frozen halved
- 3 lb chicken breasts bone-in
- 0.5 cup cilantro leaves fresh divided chopped
- 2 cloves garlic
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.8 cup olives spanish divided quartered

- 2 Tbsp oregano leaves dried
- 1 jalapeño pepper stemmed
- 0.8 cup onions red sliced
- 4 cups rice yellow hot spanish-style cooked (see tip)

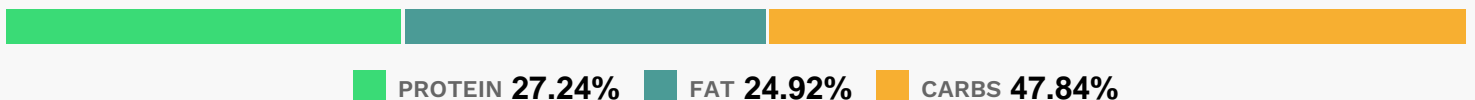
Equipment

- frying pan
- paper towels
- blender

Directions

- Cook bacon in large skillet until crisp.
- Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.
- Heat dressing in same skillet on medium-high heat. Meanwhile, cut chicken breasts crosswise in half.
- Add chicken to skillet; sprinkle with oregano. Cook 3 min. on each side or until breasts are evenly browned on both sides. Meanwhile, blend canned tomatoes, onions, garlic and jalapeo in blender until smooth.
- Move chicken pieces to outside edge of skillet.
- Add tomato mixture; bring to boil. Crumble bacon coarsely over ingredients in skillet.
- Add peas, cherry tomatoes, 1/2 cup olives and 1/4 cup cilantro; mix well. Cover; simmer on medium-low heat 15 min. or until chicken is done (165F).
- Serve over rice. Top with remaining olives and cilantro.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:44.93, Inflammation Score:-9, Nutrition Score:28.519130779349%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 699.64kcal (34.98%), Fat: 18.95g (29.15%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 81.86g (27.29%), Net Carbohydrates: 78.75g (28.64%), Sugar: 4.11g (4.57%), Cholesterol: 123.38mg (41.13%), Sodium: 765.38mg (33.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.6g (93.19%), Selenium: 73.62µg (105.18%), Vitamin B3: 20.7mg (103.5%), Vitamin B6: 1.61mg (80.48%), Manganese: 1.21mg (60.56%), Phosphorus: 520.63mg (52.06%), Vitamin B5: 3.61mg (36.11%), Potassium: 978.35mg (27.95%), Magnesium: 84.79mg (21.2%), Vitamin K: 21.94µg (20.9%), Vitamin B1: 0.28mg (18.69%), Copper: 0.34mg (17.24%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.44mg (16.26%), Vitamin C: 12.6mg (15.28%), Iron: 2.7mg (15.01%), Vitamin E: 2.02mg (13.49%), Fiber: 3.11g (12.43%), Calcium: 87.42mg (8.74%), Vitamin B12: 0.45µg (7.5%), Vitamin A: 353.11IU (7.06%), Folate: 27.45µg (6.86%), Vitamin D: 0.26µg (1.72%)