



 11%
HEALTH SCORE

Arroz Con Pollo

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3 cloves garlic
- 3 chicken breast cubed
- 2 teaspoons cumin
- 2 teaspoons cilantro leaves
- 5.5 teaspoons turmeric
- 1 onion chopped
- 1 bell pepper chopped

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- 1 can pepper flakes diced
- 1 can tomatoes diced
- 4 cups chicken broth
- 1 cup rice dried
- 1 teaspoon chili powder
- 0.5 teaspoon salt
- 0.5 teaspoon onion powder
- 0.5 cup cheese shredded

Equipment

- frying pan
- pot

Directions

- Start out by heating up a large pan on medium heat and melting your butter.
- Add in your garlic and give it a minute or two to cook up.
- Sprinkle your chicken with about 1 tsp of the cumin, coriander, and turmeric. Throw it in the pan and cook it up.
- Once your chicken is fully cooked, go ahead and add in your diced onion and pepper.
- Cook it all up for about 3 to 4 minutes.
- Add in your chiles and tomatoes.
- Swirl it around once or twice and add in your broth. Now add in your rice.
- Finally, add in the remaining tsp of chili powder, cumin, and coriander, the salt, the remaining 1/2 tsp of turmeric and the onion powder.
- Bring the pot to a boil and then turn down the heat to low and cover. Simmer the mixture for about 20 minutes or until the liquid is absorbed and the rice is cooked through.
- Grab your shredded cheese and spread it across the top of the chicken mixture. Cover for another minute or two and allow your cheese to melt completely.

Nutrition Facts

PROTEIN 35.09% FAT 25.45% CARBS 39.46%

Properties

Glycemic Index:43.27, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:18.251304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Taste

Sweetness: 35.58%, Saltiness: 100%, Sourness: 33.47%, Bitterness: 22.32%, Savoriness: 70.15%, Fattiness: 66.32%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 265.74kcal (13.29%), Fat: 7.46g (11.47%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 23.87g (8.68%), Sugar: 3.76g (4.18%), Cholesterol: 69.65mg (23.22%), Sodium: 828.1mg (36%), Protein: 23.14g (46.28%), Vitamin C: 45.86mg (55.58%), Vitamin B3: 10.28mg (51.41%), Selenium: 32.77µg (46.82%), Vitamin B6: 0.88mg (44.16%), Manganese: 0.56mg (28.04%), Phosphorus: 265.49mg (26.55%), Vitamin A: 1237.87IU (24.76%), Potassium: 601.75mg (17.19%), Vitamin B5: 1.65mg (16.49%), Vitamin B2: 0.25mg (14.84%), Iron: 2.24mg (12.44%), Magnesium: 46.38mg (11.59%), Vitamin B1: 0.15mg (10.11%), Zinc: 1.32mg (8.78%), Vitamin E: 1.31mg (8.72%), Fiber: 2.15g (8.59%), Calcium: 83.41mg (8.34%), Copper: 0.16mg (7.88%), Folate: 27.06µg (6.76%), Vitamin B12: 0.36µg (5.98%), Vitamin K: 4.2µg (4%)