



Arroz Con Pollo

READY IN



140 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 large beefsteak tomatoes organic cored ripe chopped
- 4 pieces chicken thighs bone-in , skin on
- 1 tablespoon butter
- 2 ribs celery chopped
- 4 skin-on chicken drumsticks
- 2 cups chicken stock see
- 3 cloves garlic chopped
- 2 tablespoons olive oil extra-virgin

- 1 large onion chopped
- 0.5 cup pieces vermicelli pasta
- 2 bell peppers green red
- 1 slightly mounded cup rice long grain
- 1 pinch saffron threads generous
- 4 servings salt and pepper black freshly ground
- 5 ounces serrano ham diced thick-cut
- 4 servings paprika smoked sweet

Equipment

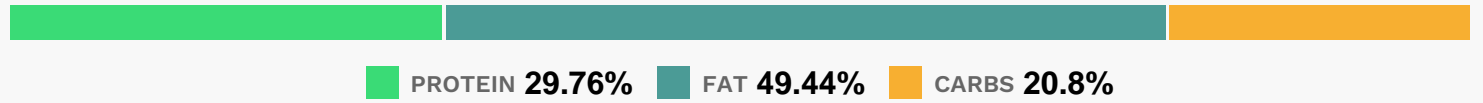
- frying pan
- oven
- pot

Directions

- Watch how to make this recipe.
- Season the chicken liberally with salt, pepper, and paprika, add to a pre-heated large, shallow pot with 1 tablespoon extra-virgin olive oil. Once browned, remove the chicken to a plate and drain off the fat.
- Add butter to the pot and melt. Brown the pasta 2 minutes or until golden, remove to plate and reserve.
- Place the saffron and chicken stock in a small pot and warm it up to steep the saffron threads.
- Once the pasta is browned and has been removed from the pot, add the remaining tablespoon extra-virgin olive oil, a turn of the pan, and brown the ham, about 2 minutes.
- Add the onions, celery, bell peppers, hot peppers, garlic and bay leaf to the pan. Cook 5 to 6 minutes to soften up a bit, then add the tomatoes, rice. Stir in the pasta and warm saffron stock.
- Add the chicken and cover the pot, cook 18 minutes, until rice is tender.
- Serve or cool completely and store for make-ahead meal.

- Preheat the oven to 375 degrees F.
- Add 1/2 cup stock or water, sprinkled around the pan. If made-ahead and reheated, the rice will become crunchy on top and at the edges, but this can be a plus in the texture of the dish.

Nutrition Facts



Properties

Glycemic Index:101.8, Glycemic Load:4.53, Inflammation Score:-9, Nutrition Score:19.339130557102%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 3.03mg, Luteolin: 3.03mg, Luteolin: 3.03mg, Luteolin: 3.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

Nutrients (% of daily need)

Calories: 408.86kcal (20.44%), Fat: 22.87g (35.19%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 18g (6.55%), Sugar: 7.75g (8.61%), Cholesterol: 100.75mg (33.58%), Sodium: 994.84mg (43.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin C: 63.85mg (77.39%), Vitamin B3: 6.75mg (33.77%), Selenium: 22.98µg (32.83%), Vitamin A: 1640.32IU (32.81%), Vitamin B6: 0.65mg (32.52%), Vitamin K: 24.75µg (23.57%), Phosphorus: 229.74mg (22.97%), Potassium: 760.63mg (21.73%), Manganese: 0.39mg (19.74%), Vitamin B2: 0.31mg (17.94%), Vitamin E: 2.31mg (15.43%), Fiber: 3.66g (14.64%), Zinc: 2.13mg (14.19%), Vitamin B1: 0.21mg (13.73%), Copper: 0.26mg (13%), Magnesium: 48.07mg (12.02%), Iron: 2.12mg (11.79%), Vitamin B5: 1.1mg (11.02%), Folate: 43.43µg (10.86%), Vitamin B12: 0.43µg (7.15%), Calcium: 51.91mg (5.19%)