



Arroz Con Pollo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 29 ounce chicken broth canned
- ☐ 3.5 pound chicken pieces
- ☐ 4 garlic cloves minced
- ☐ 1 large bell pepper green chopped
- ☐ 0.1 teaspoon ground cloves
- ☐ 3 tablespoons olive oil
- ☐ 2 large onions diced

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 0.3 ounce rice seasoning mix yellow
- ☐ 1 medium tomatoes chopped

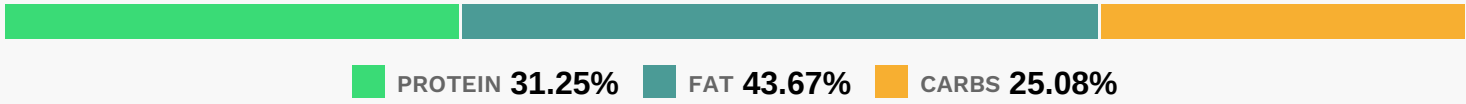
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Brown chicken, in 2 batches, in hot oil in a Dutch oven over medium-high heat 5 minutes.
- ☐ Remove chicken, and drain on paper towels.
- ☐ Saut onion, bell pepper, and garlic in Dutch oven over medium heat 4 minutes or until tender.
- ☐ Add tomato and next 4 ingredients, and cook, stirring often, 15 minutes.
- ☐ Add chicken pieces and broth, and bring mixture to a boil. Reduce heat, and simmer 15 minutes. Stir in rice, salt, and pepper, and bring to a boil. Cover, reduce heat to low, and simmer for 40 minutes or until rice is tender.
- ☐ NOTE: For testing purposes only, we used Vigo Yellow Rice Seasoning
- ☐ Mix. It can be found with rice mixes at your local grocery.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:23.42, Inflammation Score:-7, Nutrition Score:22.817391167516%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg

Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 723.34kcal (36.17%), Fat: 34.38g (52.89%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 42.05g (15.29%), Sugar: 2.61g (2.9%), Cholesterol: 152.59mg (50.86%), Sodium: 886.47mg (38.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.35g (110.69%), Selenium: 45.79µg (65.42%), Vitamin B3: 12.69mg (63.44%), Vitamin B6: 0.88mg (43.96%), Phosphorus: 431.85mg (43.18%), Manganese: 0.74mg (37.22%), Zinc: 5.01mg (33.42%), Vitamin C: 24.03mg (29.13%), Vitamin B12: 1.45µg (24.1%), Iron: 3.65mg (20.29%), Vitamin B2: 0.31mg (18.52%), Vitamin B5: 1.8mg (17.99%), Potassium: 616.42mg (17.61%), Vitamin K: 18.47µg (17.59%), Magnesium: 69.63mg (17.41%), Copper: 0.27mg (13.48%), Vitamin E: 1.94mg (12.93%), Vitamin A: 599.04IU (11.98%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.38g (9.52%), Calcium: 78.14mg (7.81%), Folate: 28.4µg (7.1%), Vitamin D: 0.37µg (2.48%)