



Arroz con Pollo

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 garlic clove minced
- 0.8 pound plum tomatoes peeled seeded chopped (6)
- 2 onion chopped
- 6 cups chicken broth
- 1 cup peas frozen thawed
- 0.3 cup olive oil
- 1 saffron threads
- 1.5 pound chicken cut into serving pieces

- 0.3 cup parsley fresh minced
- 2 small bell pepper green chopped
- 1 large bell pepper red cut into strips
- 3 cups arborio rice italian (short-grain rice, available at markets and some specialty foods shops)
- 4 teaspoons paprika

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Set a rack over a saucepan of boiling water, put the saffron in a saucer on the rack, and let it steam for 3 to 4 minutes, or until it is brittle.
- Remove the saucer and the rack and crumble the saffron in the saucer.
- In a large heavy skillet heat the oil over moderately high heat until it is hot but not smoking and reduce the heat to moderately low. Cook the chicken, patted dry, in batches in the oil, turning it, for 15 to 18 minutes, or until it is cooked through, transferring it as it is cooked to a bowl.
- Pour off all but 3 tablespoons of the fat from the skillet and in the skillet cook the onions and the green bell peppers over moderately low heat, stirring occasionally, until the vegetables are softened.
- Add the tomatoes, the garlic, the paprika, and the saffron and cook the mixture, stirring, for 1 minute.
- Add the rice and cook the mixture, stirring, for 3 minutes.
- Add the broth, heated, and simmer the mixture, stirring occasionally, for 7 minutes.
- Transfer the rice mixture to a shallow 5-quart baking dish and arrange the chicken over it.
- Bake the arroz con pollo in middle of a preheated 325° F. oven for 15 minutes, sprinkle the red bell pepper and the peas over it, and bake the arroz con pollo for 5 to 10 minutes more, or

until the liquid is absorbed and the rice is al dente.

Sprinkle the arroz con pollo with the parsley.

Nutrition Facts

PROTEIN 13.5% **FAT 26.96%** **CARBS 59.54%**

Properties

Glycemic Index:63.39, Glycemic Load:65.45, Inflammation Score:-10, Nutrition Score:32.631304450657%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 631.35kcal (31.57%), Fat: 18.78g (28.89%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 93.3g (31.1%), Net Carbohydrates: 86.26g (31.37%), Sugar: 7.34g (8.15%), Cholesterol: 45.52mg (15.17%), Sodium: 920.96mg (40.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Vitamin C: 79.49mg (96.36%), Manganese: 1.47mg (73.57%), Folate: 284.98µg (71.24%), Vitamin K: 62.11µg (59.15%), Vitamin B1: 0.79mg (52.43%), Vitamin A: 2553.34IU (51.07%), Vitamin B3: 9.77mg (48.87%), Selenium: 24.75µg (35.36%), Iron: 6.18mg (34.31%), Vitamin B6: 0.67mg (33.49%), Fiber: 7.04g (28.17%), Phosphorus: 253.98mg (25.4%), Vitamin B2: 0.35mg (20.86%), Vitamin B5: 2.08mg (20.85%), Copper: 0.4mg (19.94%), Vitamin E: 2.83mg (18.86%), Potassium: 617.39mg (17.64%), Zinc: 2.63mg (17.55%), Magnesium: 63.76mg (15.94%), Calcium: 51.32mg (5.13%), Vitamin B12: 0.22µg (3.6%)