



Arroz con Pollo

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup peas frozen thawed (not ; 5 oz)
- 0.8 teaspoon pepper black
- 14 oz canned tomatoes diced canned
- 3.5 lb chicken cut into 8 serving pieces
- 0.3 cup wine dry white
- 3 large garlic clove coarsely chopped
- 3 large garlic clove minced
- 2 bell pepper green chopped

- 2 teaspoons ground cumin
- 2 tablespoons juice of lime fresh
- 12 fl. oz. chicken broth low-sodium
- 2.5 cups onion chopped
- 2 tablespoons orange juice fresh
- 2 oz pimiento stuffed olives green rinsed
- 2 oz pimientos rinsed drained chopped
- 0.3 teaspoon saffron threads crumbled
- 1.5 teaspoons salt
- 2 teaspoons salt
- 1 bay leaves
- 1 tablespoon butter unsalted
- 1 tablespoon vegetable oil
- 1.5 cups water
- 0.8 lb rice long-grain white

Equipment

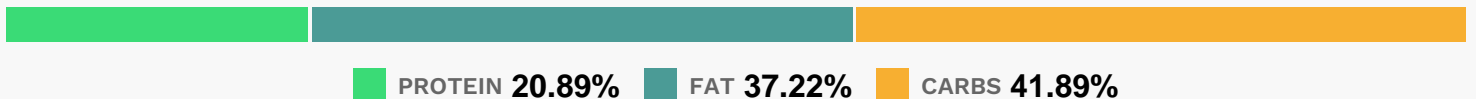
- bowl
- frying pan
- paper towels
- oven
- pot
- blender
- kitchen towels

Directions

- Pure garlic, orange juice, lime juice, salt, and pepper in a blender until smooth. Put chicken pieces in a large bowl and pour pure over them, turning to coat. Marinate chicken, covered and chilled, turning occasionally, 1 hour.

- Transfer chicken, letting excess marinade drip back into bowl, to paper towels, then pat dry. Reserve marinade.
- Heat oil and butter in 6- to 7-quart pot over moderately high heat until foam subsides, then brown chicken in 2 or 3 batches, without crowding, turning occasionally, about 6 minutes per batch.
- Transfer chicken as browned to a plate, reserving fat in pot.
- Put oven rack in middle position and preheat to 350F.
- Saut onions, bell peppers, and garlic in fat in pot over moderately high heat, stirring occasionally and scraping up brown bits from chicken, until vegetables are softened, 6 to 8 minutes.
- While vegetables cook, heat saffron in a dry small skillet over low heat, shaking skillet, until fragrant, about 30 seconds.
- Add wine and bring to a simmer, then remove from heat.
- Add cumin and salt to vegetables and cook over moderately high heat, stirring, 2 minutes. Stir in saffron mixture, bay leaf, tomatoes (including juice), broth, water, and reserved marinade and bring to a boil.
- Add all chicken except breast pieces, skin sides up, and gently simmer, covered, over low heat 10 minutes. Stir in rice, then add breast pieces, skin sides up, and arrange chicken in 1 layer. Return to a simmer.
- Cover pot tightly, then transfer to oven and bake until rice is tender and most of liquid is absorbed, about 20 minutes.
- Scatter peas, olives, and pimientos over rice and chicken (do not stir) and let stand, pot covered with a kitchen towel, until peas are heated through and any remaining liquid is absorbed by rice, about 5 minutes. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:114.88, Glycemic Load:47.84, Inflammation Score:-9, Nutrition Score:38.534347565278%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 21.76mg, Quercetin: 21.76mg, Quercetin: 21.76mg, Quercetin: 21.76mg

Nutrients (% of daily need)

Calories: 956.4kcal (47.82%), Fat: 39.15g (60.23%), Saturated Fat: 11.3g (70.65%), Carbohydrates: 99.15g (33.05%), Net Carbohydrates: 90.24g (32.81%), Sugar: 13.91g (15.46%), Cholesterol: 150.41mg (50.14%), Sodium: 2569.47mg (111.72%), Alcohol: 1.54g (100%), Alcohol %: 0.24% (100%), Protein: 49.45g (98.9%), Vitamin C: 104.65mg (126.85%), Vitamin B3: 18.19mg (90.95%), Manganese: 1.69mg (84.6%), Vitamin B6: 1.4mg (69.79%), Selenium: 42.96µg (61.37%), Phosphorus: 538.36mg (53.84%), Potassium: 1275.6mg (36.45%), Copper: 0.72mg (36.14%), Fiber: 8.91g (35.64%), Iron: 6.05mg (33.6%), Vitamin B5: 3.16mg (31.64%), Zinc: 4.67mg (31.1%), Vitamin A: 1536.5IU (30.73%), Vitamin B1: 0.46mg (30.45%), Magnesium: 120.08mg (30.02%), Vitamin K: 30.99µg (29.52%), Vitamin B2: 0.47mg (27.5%), Vitamin E: 3.27mg (21.81%), Folate: 84.97µg (21.24%), Calcium: 155.86mg (15.59%), Vitamin B12: 0.69µg (11.42%), Vitamin D: 0.43µg (2.89%)