



Arroz con Pollo



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3.5 pound meat from a rotisserie chicken skinless cut into 8 serving pieces and
- ☐ 0.5 teaspoon cumin dried
- ☐ 2 cloves garlic diced finely
- ☐ 1 teaspoon garlic powder
- ☐ 1 bell pepper diced green
- ☐ 1.5 cups low-salt chicken stock

- ☐ 1 bell pepper diced red
- ☐ 1.5 cups rice long-grain
- ☐ 1.5 teaspoons salt
- ☐ 2 teaspoons salt
- ☐ 0.5 cup tomato sauce
- ☐ 3 tablespoons vegetable oil
- ☐ 1 small onion diced yellow finely

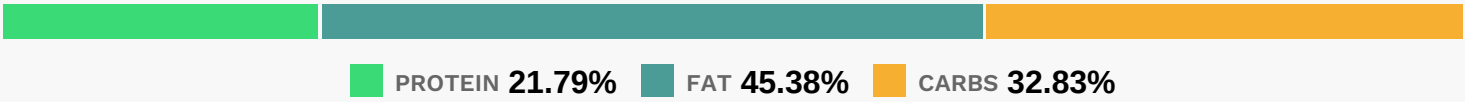
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Combine the salt, garlic powder, cumin, black pepper and cayenne in a plastic gallon bag. Shake until the mixture is well combined. Pat the chicken dry and place in the bag with the spice mixture. Shake the bag, making sure the chicken is well coated.
- ☐ Heat the oil in a 12-inch high-sided skillet over high heat until hot but not smoking.
- ☐ Add the chicken and brown on all sides, about 6 minutes each side.
- ☐ Transfer the chicken to a plate, using tongs.
- ☐ Add the onions, green peppers, red peppers and 1/2 teaspoon salt to the skillet. Cook the vegetables over moderate heat, stirring, until softened and fragrant, about 7 minutes.
- ☐ Add the rice and garlic and cook until the rice begins to turn gold in color and fragrant, about 1 minute. Meanwhile, combine the stock, tomato sauce and remaining teaspoon salt in a medium bowl.
- ☐ Add 1 1/4 cups water and the stock mixture to the skillet and stir to make sure the rice is covered in liquid. Nestle the chicken in the rice, adding any juices from the plate. Bring the rice to a boil. Reduce the heat to medium-low and cover. Cook until the chicken is cooked through, the rice is tender and most of the liquid is absorbed, about 35 minutes.
- ☐ Let the skillet stand covered, about 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69.8, Glycemic Load:34.93, Inflammation Score:-8, Nutrition Score:28.368695383487%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 819.78kcal (40.99%), Fat: 40.77g (62.73%), Saturated Fat: 10.25g (64.05%), Carbohydrates: 66.38g (22.13%), Net Carbohydrates: 63.4g (23.05%), Sugar: 5.35g (5.95%), Cholesterol: 145.58mg (48.53%), Sodium: 2449.45mg (106.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.05g (88.1%), Vitamin C: 69.26mg (83.95%), Vitamin B3: 16.29mg (81.43%), Selenium: 40.62µg (58.03%), Vitamin B6: 1.08mg (53.76%), Manganese: 0.98mg (49.02%), Phosphorus: 418.37mg (41.84%), Vitamin A: 1499.92IU (30%), Vitamin B5: 2.69mg (26.93%), Vitamin K: 26.8µg (25.52%), Zinc: 3.65mg (24.33%), Vitamin B2: 0.4mg (23.66%), Potassium: 789.72mg (22.56%), Copper: 0.37mg (18.69%), Magnesium: 74.26mg (18.56%), Iron: 3.29mg (18.3%), Vitamin E: 2.59mg (17.25%), Vitamin B1: 0.25mg (16.74%), Fiber: 2.98g (11.92%), Folate: 44.8µg (11.2%), Vitamin B12: 0.59µg (9.84%), Calcium: 64.08mg (6.41%), Vitamin D: 0.38µg (2.54%)