



Arroz con Pollo

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 4 chicken breast boneless skinless
- 1 large onion coarsely chopped
- 1 cup rice long-grain white uncooked
- 1 teaspoon ground cumin
- 0.1 teaspoon saffron threads crushed
- 2 cups chicken broth
- 0.5 cup salsa thick

1 bell pepper red coarsely chopped

0.5 cup peas sweet frozen

Equipment

frying pan

Directions

In 12-inch skillet, heat oil over medium-high heat until hot.

Add chicken; cook 4 to 5 minutes or until browned, turning once.

Remove chicken from skillet; cover to keep warm.

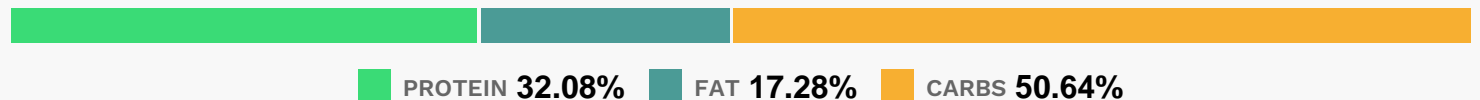
Add onion to skillet; cook and stir 3 to 4 minutes or until tender.

Add rice, cumin and saffron; stir to mix well. Stir in broth and salsa.

Heat to boiling; cook 5 minutes. Return chicken to skillet. Reduce heat; cover and simmer 15 minutes.

Stir in bell pepper and peas; cook about 5 minutes longer or until liquid is absorbed, chicken is fork-tender and juice is clear when center of thickest part is cut (170°F).

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:24.11, Inflammation Score:-8, Nutrition Score:23.146086920863%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 383.46kcal (19.17%), Fat: 7.25g (11.16%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 44.28g (16.1%), Sugar: 5.68g (6.31%), Cholesterol: 74.67mg (24.89%), Sodium: 786.96mg (34.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.29g (60.57%), Vitamin B3: 13.88mg (69.42%), Selenium: 44.48µg (63.54%), Vitamin C: 50.12mg (60.75%), Vitamin B6: 1.14mg (57.19%), Manganese: 0.78mg (39.22%),

Phosphorus: 346.28mg (34.63%), Vitamin A: 1269.5IU (25.39%), Vitamin B5: 2.31mg (23.15%), Potassium: 747.03mg (21.34%), Vitamin B2: 0.28mg (16.26%), Magnesium: 62.13mg (15.53%), Vitamin B1: 0.23mg (15.03%), Fiber: 3.53g (14.14%), Vitamin K: 14.02µg (13.35%), Copper: 0.23mg (11.35%), Zinc: 1.69mg (11.29%), Folate: 42.16µg (10.54%), Iron: 1.81mg (10.07%), Vitamin E: 1.5mg (10.03%), Calcium: 52.3mg (5.23%), Vitamin B12: 0.25µg (4.16%)