



Arroz con Pollo

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice
- ☐ 2 bay leaves
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic clove chopped
- ☐ 1 bell pepper green cored seeded chopped
- ☐ 0.5 teaspoon ground pepper hot
- ☐ 4 servings hot sauce such as crystal, to taste

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 3 cups 3%-less-sodium low-sodium store-bought
- ☐ 3 tablespoons olive oil
- ☐ 3 piquillo peppers red jarred cored seeded chopped
- ☐ 2 roma tomatoes halved seeded chopped (plum)
- ☐ 0.5 teaspoon saffron threads
- ☐ 1.3 teaspoons suya seasoning mix
- ☐ 1 cup yogurt plain for serving
- ☐ 2 pounds chicken thighs bone-in dry rinsed
- ☐ 2 tablespoons tomato paste
- ☐ 1 onion yellow finely chopped

Equipment

- ☐ frying pan
- ☐ broiler

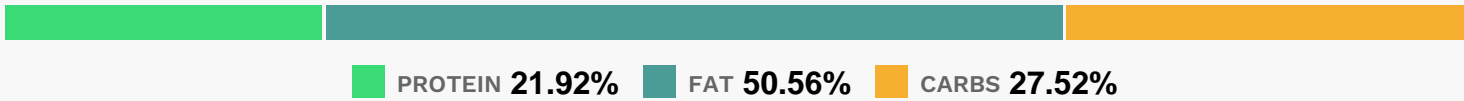
Directions

- ☐ Season the chicken on both sides with salt and pepper. In a large straight-sided skillet, heat the oil over medium-high heat until rippling. Sear the chicken thighs, turning once, until golden brown, 8 to 10 minutes per side.
- ☐ Transfer to a plate and set aside.
- ☐ Drain half the oil from the pan and return the pan to the heat.
- ☐ Add the onion, bell pepper, piquillos, garlic, tomatoes, Espelette, and bay leaves and cook, stirring, until the onion begins to brown, 6 to 8 minutes. Stir in the tomato paste and cook, stirring, until it begins to caramelize, 3 to 4 minutes.
- ☐ Add the rice, Sazón, and saffron and cook, stirring, for 2 to 3 minutes.
- ☐ Pour in the chicken stock, season with salt, pepper, and hot sauce, stir, and bring to a boil. Reduce the heat to maintain a simmer and nestle the chicken thighs skin side up in the rice. (Try not to submerge the skin, so it stays crisp as the rice cooks.) Cook, partially covered, until the rice has absorbed the liquid and the chicken is cooked through, 25 to 30 minutes. If the chicken skin is not crisp, place the pan under a hot broiler until the chicken is crispy and

golden brown on top.

- ☐ To serve, remove the bay leaves, sprinkle the cilantro and parsley over the rice, and gently stir to incorporate.
- ☐ Serve directly from the pan, with the yogurt sprinkled with lime zest and the bottle of hot sauce on the side.
- ☐ 5 Sazón Packets
- ☐ I embrace certain store-bought "prepared foods," such as Sazón. It's all about umami, or monosodium glutamate (MSG). Sazón mixes are packets of dried seasoned salt sold in supermarkets (Goya is the most familiar brand) and are used in Latin American cooking. The general ingredients are equal parts ground coriander, cumin, paprika, garlic powder, and salt—a great flavor punch. You can make it at home, but I typically use the prepared version.

Nutrition Facts



Properties

Glycemic Index:103.55, Glycemic Load:24.05, Inflammation Score:-8, Nutrition Score:30.303478158039%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 790.6kcal (39.53%), Fat: 44.32g (68.19%), Saturated Fat: 10.64g (66.49%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 51.12g (18.59%), Sugar: 9.17g (10.18%), Cholesterol: 190.15mg (63.38%), Sodium: 363.96mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.44%), Selenium: 46.22µg (66.03%), Vitamin B3: 12.94mg (64.69%), Vitamin K: 59.61µg (56.77%), Vitamin C: 45.25mg (54.85%), Phosphorus: 543.01mg (54.3%), Vitamin B6: 0.98mg (49.13%), Manganese: 0.81mg (40.62%), Vitamin B2: 0.52mg (30.77%), Potassium: 1051.23mg (30.04%), Vitamin B12: 1.78µg (29.74%), Vitamin B5: 2.96mg (29.61%), Zinc: 3.97mg (26.49%), Vitamin A: 1111.78IU (22.24%), Calcium: 205.54mg (20.55%), Iron: 3.68mg (20.46%), Magnesium: 80.51mg (20.13%), Copper: 0.4mg (19.99%), Vitamin E: 2.97mg (19.82%), Vitamin B1: 0.26mg (17.36%), Fiber: 3.16g (12.62%), Folate: 37.91µg (9.48%), Vitamin D: 0.19µg (1.29%)