



Arroz con Pollo



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 6 pieces .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 0.5 tsp chili powder (mild)
- ☐ 2 tbsp cilantro leaves chopped for garnish
- ☐ 0.5 cup ears corn fresh ()
- ☐ 0.5 cup peas fresh canned (- not)
- ☐ 1 garlic clove
- ☐ 0.5 medium onion peeled

- ☐ 1.5 lbs roma tomatoes halved
- ☐ 6 servings salt
- ☐ 2 tbsp vegetable oil (we used grapeseed)
- ☐ 2 cups rice white

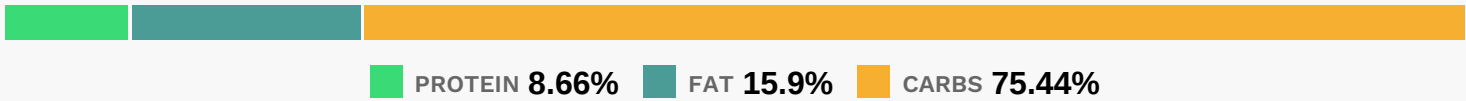
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Arroz con Pollo
- ☐ Ingredients2 cups white rice1 1/2 lbs roma tomatoes, halved1 garlic clove1/2 medium onion, peeled2 tbsp vegetable oil (we used grapeseed)1/2 tsp chili powder (mild)1/2 cup diced carrots1/2 cup corn (fresh or frozen)1/2 cup peas (fresh or frozen – not canned)Salt6 pieces chicken – legs and/or thighs2 tbsp chopped cilantro for garnish (optional)You will also need2 mesh colanders, blender, 5 quart nonstick pot (or larger), large bowl
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 1 Hour 15 Minutes
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:46.56, Glycemic Load:31.88, Inflammation Score:-9, Nutrition Score:13.676521803131%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 317.34kcal (15.87%), Fat: 5.61g (8.63%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 56.24g (20.45%), Sugar: 5.41g (6.02%), Cholesterol: 0.93mg (0.31%), Sodium: 217.36mg (9.45%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.87g (13.75%), Vitamin A: 2918.47IU (58.37%), Manganese: 0.91mg (45.5%), Vitamin C: 22.69mg (27.51%), Vitamin K: 22.52µg (21.44%), Fiber: 3.64g (14.56%), Selenium: 9.96µg (14.22%), Vitamin B6: 0.26mg (13.18%), Phosphorus: 131.38mg (13.14%), Potassium: 458.45mg (13.1%), Copper: 0.24mg (12.17%), Vitamin B3: 2.32mg (11.6%), Vitamin B1: 0.15mg (9.98%), Magnesium: 39.24mg (9.81%), Folate: 38.84µg (9.71%), Vitamin B5: 0.88mg (8.82%), Vitamin E: 1.24mg (8.26%), Zinc: 1.14mg (7.62%), Iron: 1.15mg (6.39%), Vitamin B2: 0.09mg (5.14%), Calcium: 39.44mg (3.94%)