

Arroz con Pollo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 pounds skin-on chicken drumsticks
- ☐ 1.5 pounds chicken thighs
- ☐ 0.5 cup ham diced
- ☐ 2.3 cups less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced

- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons oregano dried divided
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 cup pimiento-stuffed olives green chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle chicken with salt, black pepper, and 1 teaspoon oregano.
- ☐ Heat oil in Dutch oven over medium-high heat.
- ☐ Add chicken; cook 8 minutes, browning on all sides.
- ☐ Remove chicken from pan; drizzle with lime juice. Cover; keep warm.
- ☐ Add onion, bell pepper, and garlic to pan. Cover, reduce heat to low, and cook 10 minutes or until tender. Stir in 1/2 teaspoon oregano, turmeric, and cumin, and cook 1 minute, stirring constantly. Stir in rice and ham; cook 1 minute. Increase heat to medium.
- ☐ Add broth and tomatoes; bring to a boil.
- ☐ Add chicken, nestling into the rice mixture. Cover, reduce heat, and simmer 18 minutes or until liquid is almost absorbed. Stir in peas; cover and cook 3 minutes.
- ☐ Remove from heat; let stand, uncovered, 5 minutes.
- ☐ Sprinkle with olives.

Nutrition Facts



 **PROTEIN 24.58%**  **FAT 43.25%**  **CARBS 32.17%**

Properties

Glycemic Index:46.39, Glycemic Load:33.88, Inflammation Score:-10, Nutrition Score:27.286956693815%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 649.33kcal (32.47%), Fat: 31.03g (47.75%), Saturated Fat: 7.66g (47.89%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 47.14g (17.14%), Sugar: 5.62g (6.24%), Cholesterol: 186.12mg (62.04%), Sodium: 1101.56mg (47.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.69g (79.38%), Selenium: 46.43µg (66.33%), Vitamin B3: 12.75mg (63.73%), Vitamin B6: 0.95mg (47.6%), Manganese: 0.87mg (43.58%), Phosphorus: 413.04mg (41.3%), Folate: 147.32µg (36.83%), Vitamin B1: 0.55mg (36.36%), Vitamin C: 25.02mg (30.33%), Vitamin B5: 2.95mg (29.52%), Iron: 5.27mg (29.31%), Zinc: 3.9mg (26.01%), Vitamin B2: 0.39mg (22.81%), Potassium: 791.23mg (22.61%), Vitamin B12: 1.31µg (21.9%), Copper: 0.42mg (20.85%), Fiber: 4.8g (19.19%), Magnesium: 75.63mg (18.91%), Vitamin K: 19.61µg (18.68%), Vitamin E: 2.04mg (13.62%), Vitamin A: 468.55IU (9.37%), Calcium: 75.04mg (7.5%), Vitamin D: 0.19µg (1.26%)