



Arroz Con Pollo



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 broiler-fryer chicken bone-in dry with skin on, rinsed and patted cut into serving pieces, or 2 1/2 to 3 pounds of chicken thighs or breasts, ,
- ☐ 0.5 cup flour for dredging
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings paprika
- ☐ 2 tablespoons olive oil extra virgin (can use up to)
- ☐ 1 medium onion yellow chopped

- ☐ 1 garlic clove minced
- ☐ 3 cups chicken stock see
- ☐ 1 tablespoon tomato paste fresh diced cooked
- ☐ 1 pinch oregano
- ☐ 1 teaspoon salt

Equipment

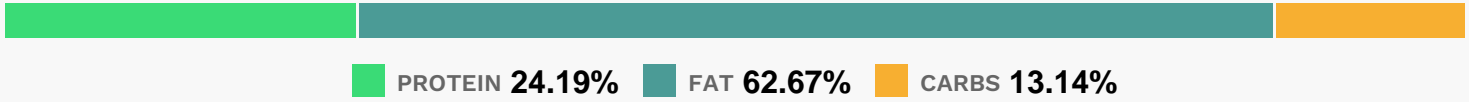
- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat 3 Tbsp olive oil in a large skillet (a skillet that has a cover) on medium high heat.
- ☐ Put the flour in a wide bowl, mix in a generous sprinkling of salt, pepper, and paprika. Dredge the chicken pieces lightly in the flour mixture and put in the pan to brown. (You can skip the flour dredging part if you want. It just makes a nicer coating for the chicken.)
- ☐ Cook a few minutes on each side, just enough so that the chicken has browned. Use a slotted spoon to remove from pan and set aside.
- ☐ Add the rice to the pan to brown.
- ☐ Add a little more olive oil if necessary. Stir first to coat the rice with the olive oil in the pan.
- ☐ Don't stir too much or you will prevent it from browning.
- ☐ Let the rice brown and then stir a little to let more of it brown.
- ☐ Add the onion and garlic to the pan. Cook the onion, garlic and rice mixture, stirring frequently, until the onions have softened, about 4 minutes.
- ☐ Place the chicken pieces, skin-side up, on top of the rice.
- ☐ Add stock, tomato, salt, oregano: In a separate bowl, mix together the stock, tomato, salt, and oregano.
- ☐ Pour the stock mixture over the rice and chicken.
- ☐ Simmer, covered: Bring to a simmer, reduce the heat to low, and cover.

- ☐ Let cook for 20–25 minutes, depending on the type of rice and the instructions on the rice package, until the rice and chicken are done.
- ☐ Fluff the rice with a fork. If you want you can sprinkle with some peas.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:9.6, Inflammation Score:-8, Nutrition Score:21.831304529439%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 707.18kcal (35.36%), Fat: 48.81g (75.09%), Saturated Fat: 11.29g (70.54%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 21.21g (7.71%), Sugar: 4.76g (5.28%), Cholesterol: 148.23mg (49.41%), Sodium: 1200.74mg (52.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.39g (84.78%), Vitamin B3: 17.08mg (85.41%), Selenium: 37.27µg (53.24%), Vitamin B6: 0.88mg (43.88%), Phosphorus: 364.34mg (36.43%), Vitamin B2: 0.5mg (29.29%), Vitamin A: 1319.69IU (26.39%), Vitamin E: 3.92mg (26.14%), Vitamin B1: 0.32mg (21.55%), Zinc: 3.03mg (20.18%), Potassium: 696.95mg (19.91%), Iron: 3.55mg (19.74%), Vitamin B5: 1.9mg (18.97%), Vitamin K: 16.3µg (15.53%), Magnesium: 57.16mg (14.29%), Folate: 55.8µg (13.95%), Copper: 0.25mg (12.75%), Manganese: 0.25mg (12.53%), Vitamin B12: 0.59µg (9.84%), Vitamin C: 6.57mg (7.96%), Fiber: 1.8g (7.21%), Calcium: 43.89mg (4.39%), Vitamin D: 0.38µg (2.54%)