

Arroz Con Pollo



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup olives black sliced
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 2 cloves garlic
- ☐ 1 bell pepper green chopped
- ☐ 1 cup peas green
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup pimento peppers chopped
- ☐ 0.5 cup raisins
- ☐ 1 cup rice
- ☐ 2 teaspoons salt to taste
- ☐ 0.3 cup vegetable oil
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

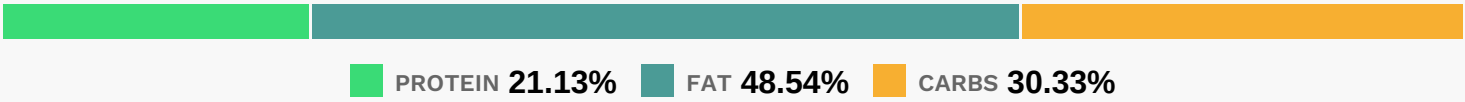
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a Dutch oven over medium heat; cook and stir chicken pieces until browned, 5 to 10 minutes.
- ☐ Remove chicken with a slotted spoon and place on a plate. Cook and stir onion, green bell pepper, minced garlic, and whole garlic cloves in the same Dutch oven until onion is softened, about 5 minutes.
- ☐ Return chicken to the onion mixture.
- ☐ Add tomatoes, rice, salt, oregano, black pepper, and bay leaf.
- ☐ Pour in enough chicken stock to cover all the ingredients.
- ☐ Bake chicken-rice mixture in the preheated oven until rice is tender and chicken is no longer pink in the center and the juices run clear, about 1 hour and 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- ☐ Stir peas, olives, raisins, and pimento peppers into the chicken-rice mixture.
- ☐ Bake until warmed through, an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:43.91, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:17.352173898531%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 461.15kcal (23.06%), Fat: 25g (38.46%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 31.15g (11.33%), Sugar: 4.52g (5.02%), Cholesterol: 81.65mg (27.22%), Sodium: 863.86mg (37.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.96%), Vitamin B3: 9.05mg (45.26%), Vitamin C: 33.67mg (40.81%), Vitamin B6: 0.62mg (31.22%), Selenium: 20.14µg (28.77%), Manganese: 0.55mg (27.49%), Phosphorus: 239.72mg (23.97%), Vitamin K: 25.06µg (23.87%), Potassium: 571.12mg (16.32%), Fiber: 3.99g (15.95%), Iron: 2.71mg (15.04%), Copper: 0.29mg (14.57%), Vitamin B5: 1.43mg (14.34%), Zinc: 2.14mg (14.24%), Vitamin E: 2.05mg (13.68%), Vitamin B1: 0.2mg (13.22%), Vitamin B2: 0.22mg (13.2%), Vitamin A: 655.09IU (13.1%), Magnesium: 51.85mg (12.96%), Folate: 32.55µg (8.14%), Calcium: 58.81mg (5.88%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.22µg (1.45%)