



Arroz con Pollo (Chicken with Rice)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds skin-on chicken drumsticks
- ☐ 2 pounds chicken thighs
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup peas green frozen thawed

- ☐ 7 ounce pimientos drained sliced
- ☐ 2 cups valencia rice uncooked
- ☐ 1 teaspoon salt
- ☐ 0.1 teaspoon bijol seasoning
- ☐ 0.5 teaspoon bijol seasoning
- ☐ 3 tablespoons commercial sofrito (such as Goya)
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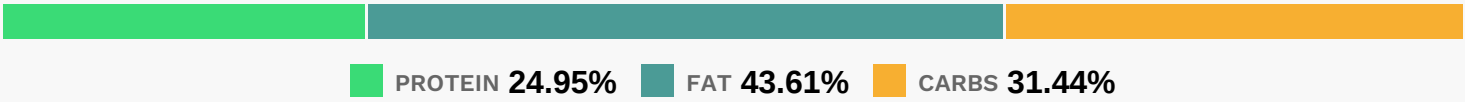
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ dutch oven
- ☐ colander

Directions

- ☐ To prepare the chicken, combine first 7 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Remove the chicken from the bag, reserving the marinade.
- ☐ To prepare the rice, place rice in a colander in a large bowl, and rinse with cold water until the water runs clear.
- ☐ Drain rice well.
- ☐ Heat 1 teaspoon olive oil in a large Dutch oven over medium-high heat.
- ☐ Add the drumsticks, and cook 5 minutes on each side or until browned.
- ☐ Remove from pan; keep warm. Repeat procedure with 1 teaspoon oil and thighs.
- ☐ Remove from pan; keep warm.
- ☐ Add reserved marinade, rice, chicken broth, sofrito, Bijol, and saffron threads (if desired) to pan. Bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in peas and pimiento; let stand, covered, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:32.59, Glycemic Load:30.92, Inflammation Score:-8, Nutrition Score:26.64130433746%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 719.09kcal (35.95%), Fat: 34.31g (52.79%), Saturated Fat: 8.97g (56.08%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 52.96g (19.26%), Sugar: 2.31g (2.57%), Cholesterol: 218.07mg (72.69%), Sodium: 979.85mg (42.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.17g (88.33%), Selenium: 55.02µg (78.6%), Vitamin B3: 12.78mg (63.88%), Vitamin C: 43.81mg (53.1%), Vitamin B6: 1.03mg (51.55%), Phosphorus: 471.46mg (47.15%), Manganese: 0.88mg (43.82%), Vitamin B5: 3.11mg (31.09%), Zinc: 4.32mg (28.79%), Vitamin B12: 1.57µg (26.25%), Vitamin B2: 0.42mg (24.99%), Vitamin A: 1138.64IU (22.77%), Potassium: 701.25mg (20.04%), Iron: 3.34mg (18.56%), Vitamin B1: 0.27mg (18.02%), Magnesium: 69.99mg (17.5%), Vitamin K: 17.61µg (16.77%), Copper: 0.33mg (16.57%), Fiber: 2.68g (10.73%), Vitamin E: 1.19mg (7.91%), Folate: 26.96µg (6.74%), Calcium: 64.09mg (6.41%), Vitamin D: 0.23µg (1.51%)