

Arroz con Pollo II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 15 ounce peas drained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 2 cubes chicken bouillon
- ☐ 3 cloves garlic crushed
- ☐ 0.5 bell pepper green chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 onions chopped

- ☐ 0.5 bell pepper red sliced
- ☐ 1 pinch saffron threads
- ☐ 6 servings salt to taste
- ☐ 1.5 cups rice white uncooked
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

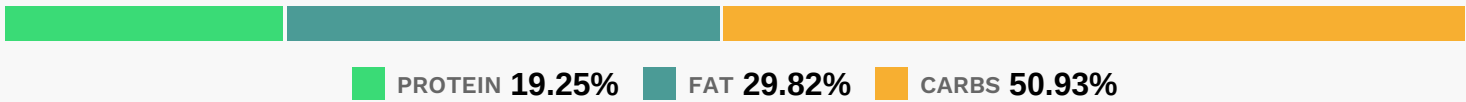
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium high heat.
- ☐ Saute chicken until lightly browned; remove from skillet and set aside.
- ☐ Saute onion, garlic and green bell pepper until soft; stir in tomato sauce, saffron, salt and bouillon and return chicken pieces to skillet. Cook for 10 minutes, then add rice and reduce heat to low.
- ☐ Add beer and simmer for 8 to 10 minutes, stirring occasionally, until rice is tender. Finally, stir in peas with liquid and garnish with roasted red bell pepper.

Nutrition Facts



Properties

Glycemic Index:52.61, Glycemic Load:25.09, Inflammation Score:-9, Nutrition Score:18.800434807073%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 442.01kcal (22.1%), Fat: 14.21g (21.87%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 49.6g (18.04%), Sugar: 7.07g (7.86%), Cholesterol: 54.43mg (18.14%), Sodium: 719.35mg (31.28%), Alcohol: 1.53g (100%), Alcohol %: 0.54% (100%), Protein: 20.65g (41.29%), Vitamin C: 35.5mg (43.04%), Manganese: 0.84mg (42.2%), Vitamin B3: 7.48mg (37.42%), Vitamin A: 1840.24IU (36.8%), Vitamin B6: 0.58mg (28.86%), Selenium: 19.43µg (27.75%), Phosphorus: 246.69mg (24.67%), Fiber: 5.04g (20.14%), Vitamin K: 20.59µg (19.61%), Potassium: 584.65mg (16.7%), Copper: 0.32mg (15.87%), Iron: 2.82mg (15.67%), Vitamin B5: 1.52mg (15.24%), Zinc: 2.24mg (14.95%), Magnesium: 58.79mg (14.7%), Vitamin E: 1.84mg (12.28%), Vitamin B2: 0.21mg (12.09%), Vitamin B1: 0.18mg (12.02%), Folate: 46.38µg (11.59%), Calcium: 59.61mg (5.96%), Vitamin B12: 0.23µg (3.88%)