



Arroz Con Pollo Mexicano

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup carrots sliced
- ☐ 3 tablespoons celery chopped
- ☐ 1 tablespoon chicken bouillon knorr® (such as)
- ☐ 3 chicken thighs cooked
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 2 small garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 cup rice long-grain
- ☐ 0.3 cup tomato sauce
- ☐ 1 teaspoon vegetable oil
- ☐ 4 cups water

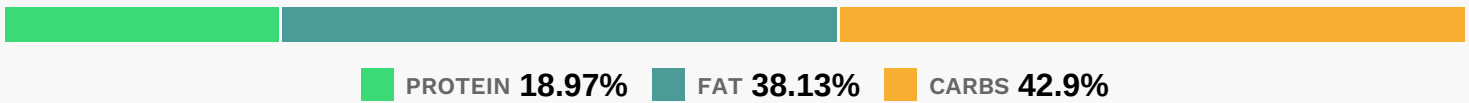
Equipment

- ☐ sauce pan

Directions

- ☐ Heat vegetable oil in a saucepan over medium heat; cook and stir rice and garlic until rice is golden brown, about 5 minutes.
- ☐ Add water, chicken, tomato sauce, carrot, celery, chicken bouillon, cilantro, cumin, and black pepper; bring to a boil. Reduce heat, cover, and simmer until rice is tender, about 15 minutes.
- ☐ Remove from heat and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:94.67, Glycemic Load:30.61, Inflammation Score:-8, Nutrition Score:15.833043502725%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 501.1kcal (25.05%), Fat: 20.88g (32.12%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 51.21g (18.62%), Sugar: 1.46g (1.62%), Cholesterol: 110.74mg (36.91%), Sodium: 237.19mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.74%), Selenium: 30.94µg (44.21%), Vitamin A: 2013.26IU (40.27%), Manganese: 0.8mg (40.06%), Vitamin B3: 6.6mg (33.01%), Vitamin B6: 0.56mg (27.83%), Phosphorus: 265.85mg (26.59%), Vitamin B5: 1.9mg (19.01%), Zinc: 2.24mg (14.93%), Copper: 0.29mg (14.34%), Potassium: 435.67mg (12.45%), Vitamin B2: 0.21mg (12.21%), Vitamin B12: 0.72µg (12.05%), Magnesium: 47.42mg (11.85%), Vitamin K: 10.46µg (9.96%), Iron: 1.77mg (9.84%), Vitamin B1: 0.15mg (9.79%), Fiber: 1.66g (6.64%), Vitamin

E: 0.83mg (5.56%), Calcium: 53.24mg (5.32%), Folate: 15.36µg (3.84%), Vitamin C: 3.01mg (3.65%)