



Arroz con Pollo (Rice with Chicken)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 2 lb skin-on chicken drumsticks
- ☐ 12 oz savory vegetable mixed frozen
- ☐ 8 oz rice yellow
- ☐ 1 tablespoon vegetable oil

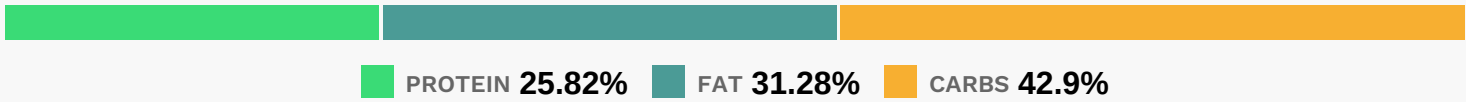
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium heat. Cook drumsticks in oil 10 to 15 minutes, turning occasionally, until chicken is well browned on all sides.
- ☐ Stir in rice, broth and frozen vegetables.
- ☐ Heat to boiling; reduce heat to medium-low. Cover and cook 25 to 30 minutes, stirring occasionally, until rice is tender and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:30.91, Inflammation Score:-10, Nutrition Score:23.57695646908%

Nutrients (% of daily need)

Calories: 543.62kcal (27.18%), Fat: 18.7g (28.77%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 53.58g (19.48%), Sugar: 0.83g (0.92%), Cholesterol: 143.32mg (47.77%), Sodium: 854.73mg (37.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.46%), Vitamin A: 4392.19IU (87.84%), Selenium: 39.09µg (55.84%), Vitamin B3: 9.71mg (48.54%), Manganese: 0.93mg (46.57%), Phosphorus: 374.68mg (37.47%), Vitamin B6: 0.68mg (33.96%), Zinc: 4.04mg (26.94%), Vitamin B2: 0.46mg (26.93%), Vitamin B5: 2.3mg (23.01%), Vitamin B1: 0.3mg (20.24%), Potassium: 616.09mg (17.6%), Magnesium: 66.74mg (16.68%), Fiber: 4.14g (16.56%), Copper: 0.32mg (16.15%), Vitamin B12: 0.87µg (14.52%), Iron: 2.34mg (13.02%), Vitamin C: 8.85mg (10.72%), Vitamin K: 10.11µg (9.63%), Folate: 33.76µg (8.44%), Calcium: 59.38mg (5.94%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.15µg (1.01%)