



WHATSheATE



Arroz con Pollo (Rice with Chicken)



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

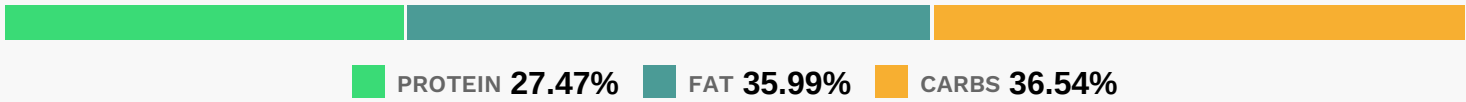
Equipment

- ☐ 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:28.75, Glycemic Load:28.02, Inflammation Score:-10, Nutrition Score:34.857826015224%

Flavonoids

Kaempferol: 116.51mg, Kaempferol: 116.51mg, Kaempferol: 116.51mg, Kaempferol: 116.51mg

Nutrients (% of daily need)

Calories: 512.44kcal (25.62%), Fat: 21.65g (33.3%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 43.84g (15.94%), Sugar: 0.76g (0.84%), Cholesterol: 143.32mg (47.77%), Sodium: 935.81mg (40.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.34%), Manganese: 16.42mg (821.07%), Vitamin A: 4692.69IU (93.85%), Vitamin C: 54.66mg (66.25%), Vitamin B6: 1.16mg (57.94%), Magnesium: 202.25mg (50.56%), Vitamin B3: 9.63mg (48.14%), Selenium: 33.7µg (48.14%), Iron: 8.18mg (45.46%), Phosphorus: 452.35mg (45.24%), Potassium: 1528.38mg (43.67%), Vitamin B2: 0.58mg (34.2%), Zinc: 4.04mg (26.94%), Fiber: 5.61g (22.45%), Vitamin B1: 0.33mg (21.94%), Folate: 81.95µg (20.49%), Copper: 0.38mg (19.21%), Vitamin B5: 1.73mg (17.26%), Vitamin B12: 0.87µg (14.52%), Calcium: 106.44mg (10.64%), Vitamin K: 10.05µg (9.57%), Vitamin E: 0.64mg (4.25%), Vitamin D: 0.15µg (1.01%)