



Arroz con Pollo with Apples



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 cups chicken broth
- ☐ 0.3 teaspoon flat-leaf parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green coarsely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 tablespoons olive oil

- ☐ 1 medium onion diced
- ☐ 1 tablespoon paprika
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 cup converted rice long-grain
- ☐ 8 chicken thighs boneless skinless
- ☐ 2 large tart apples such as granny smith unpeeled
- ☐ 1 bell pepper yellow coarsely chopped

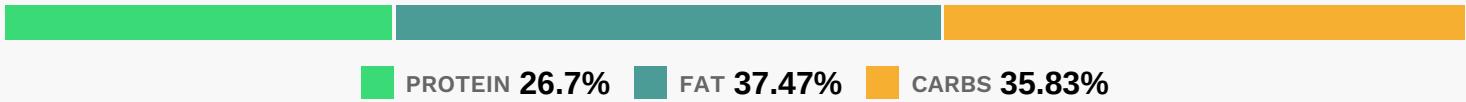
Equipment

- ☐ frying pan

Directions

- ☐ Quarter, core, and slice the apples into 1/2-inch-thick pieces; set aside. Season the chicken with the salt and black pepper.
- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken and cook 4 minutes on each side or until golden brown.
- ☐ Remove the chicken and set aside, leaving the oil in the pan.
- ☐ Add the green pepper, yellow pepper, onion, and garlic. Stir well and cook over medium heat until the vegetables are tender, about 10 minutes.
- ☐ Add the tomatoes and apples to the pan. Cook 8 to 10 minutes more.
- ☐ Add the paprika and red pepper. Stir well and add the rice. Cook, stirring, for 2 minutes.
- ☐ Add the chicken broth and bring to a boil over high heat. Reduce heat to medium-low, arrange the chicken on top of the rice mixture, and cover. Cook about 20 minutes or until the liquid is absorbed.
- ☐ Sprinkle with the parsley.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:69.3, Glycemic Load:29.4, Inflammation Score:-9, Nutrition Score:37.690869497216%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 756.19kcal (37.81%), Fat: 31.73g (48.81%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 68.27g (22.76%), Net Carbohydrates: 60.97g (22.17%), Sugar: 18.77g (20.86%), Cholesterol: 217.05mg (72.35%), Sodium: 1364.25mg (59.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.87g (101.74%), Vitamin C: 95.86mg (116.19%), Selenium: 59.85µg (85.51%), Vitamin B3: 15.63mg (78.14%), Vitamin B6: 1.5mg (75.02%), Phosphorus: 556.83mg (55.68%), Manganese: 1.06mg (53%), Vitamin E: 5.69mg (37.96%), Vitamin B5: 3.72mg (37.24%), Vitamin B2: 0.62mg (36.69%), Potassium: 1262.1mg (36.06%), Zinc: 4.59mg (30.63%), Vitamin K: 31.95µg (30.43%), Fiber: 7.3g (29.2%), Vitamin A: 1410.35IU (28.21%), Copper: 0.55mg (27.69%), Vitamin B1: 0.41mg (27.04%), Magnesium: 104.88mg (26.22%), Iron: 4.63mg (25.71%), Vitamin B12: 1.47µg (24.5%), Folate: 46.43µg (11.61%), Calcium: 103.48mg (10.35%)