



Arroz con Pollo with Salsa Verde

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 cup blanched almonds and toasted
- ☐ 15 ounce canned tomatoes diced with liquid canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1.3 pounds chorizo sausage cut dried cut into 1-inch chunks
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons ground cumin

- ☐ 1 jalapeno minced seeded
- ☐ 1 juice of lime juiced
- ☐ 3 cups chicken broth low-sodium
- ☐ 0.5 cup olive oil
- ☐ 4 tablespoons olive oil divided
- ☐ 1 onion spanish chopped
- ☐ 1.5 tablespoons oregano dried
- ☐ 1 cup pimento stuffed olives green
- ☐ 1 bell pepper red seeded chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 teaspoons paprika sweet
- ☐ 2 cups rice long grain white
- ☐ 3 pound meat from a rotisserie chicken whole cut into 10 serving pieces

Equipment

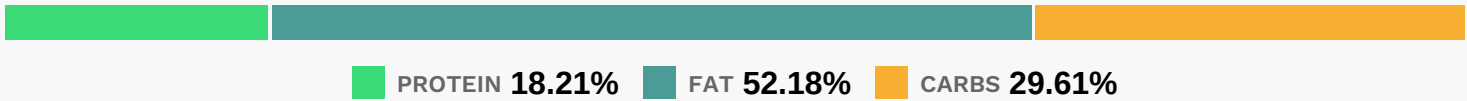
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ mortar and pestle
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Rinse the chicken pieces and pat dry. In a small bowl, blend 2 tablespoons oil, salt, pepper, cumin, oregano, paprika and cayenne. Rub each piece of chicken with the spice paste and refrigerate for at least 20 minutes for the flavor to develop.

- ☐ In a heavy, ovenproof casserole with lid, heat remaining 2 tablespoons oil. Fry the chorizo over medium heat until it is crispy and renders its fat.
- ☐ Remove the chorizo with a slotted spoon and drain on paper towels.
- ☐ Place the chicken in the pan, skin side down, and brown on all sides, about 10 minutes
- ☐ Remove from pan and set aside. Make a sofrito by sauteing the onion, garlic, bell pepper and bay leaves; cooking until the vegetables are very soft and almost dissolved. Stir in the rice so the grains are well coated with the sofrito.
- ☐ Add the tomatoes and broth, season with salt and pepper. Return the chorizo and chicken to the pan. Bring the mixture to a boil and let simmer for 5 minutes. Cover and transfer pot to oven.
- ☐ Bake for 20 minutes or until the chicken is done and the rice is tender and has absorbed the liquid. Scatter the olives on top of the chicken and rice before serving.
- ☐ To prepare the Salsa Verde: In a mortar and pestle or food processor, mash together all ingredients to form a loose paste.
- ☐ Garnish Arroz Con Pollo with Salsa Verde before serving.

Nutrition Facts



Properties

Glycemic Index:56.86, Glycemic Load:31.96, Inflammation Score:-10, Nutrition Score:27.17086967178%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 857.9kcal (42.89%), Fat: 49.77g (76.57%), Saturated Fat: 15.19g (94.94%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 58.31g (21.2%), Sugar: 5.68g (6.31%), Cholesterol: 148.32mg (49.44%), Sodium: 566.69mg (24.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.16%), Vitamin C: 57.19mg (69.32%),

Vitamin B3: 11.58mg (57.89%), Manganese: 1.12mg (56.08%), Vitamin E: 6.18mg (41.22%), Vitamin A: 2002.35IU (40.05%), Vitamin B6: 0.76mg (37.8%), Selenium: 26.24µg (37.49%), Phosphorus: 339.89mg (33.99%), Iron: 5.71mg (31.73%), Copper: 0.5mg (25.1%), Vitamin K: 25.82µg (24.59%), Potassium: 777.1mg (22.2%), Magnesium: 84.27mg (21.07%), Fiber: 5.24g (20.97%), Vitamin B5: 1.97mg (19.73%), Vitamin B2: 0.32mg (18.77%), Zinc: 2.81mg (18.72%), Calcium: 144.94mg (14.49%), Vitamin B1: 0.21mg (14.24%), Folate: 41.76µg (10.44%), Vitamin B12: 0.46µg (7.59%), Vitamin D: 0.22µg (1.45%)