



WHATSheATE



Arroz Tapado (Rice with Chicken and Pork)



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon achiote
- ☐ 2 tablespoons butter
- ☐ 2 large carrots grated peeled
- ☐ 6 chicken legs
- ☐ 6 cups chicken stock see
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup milk
- ☐ 1 tablespoon oil
- ☐ 0.3 cup onion chopped
- ☐ 0.8 cups peas
- ☐ 0.5 pound pork belly diced
- ☐ 1 pound pork ribs cut into pieces
- ☐ 1.5 cups rice
- ☐ 4 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 2 tomatoes finely chopped

Equipment

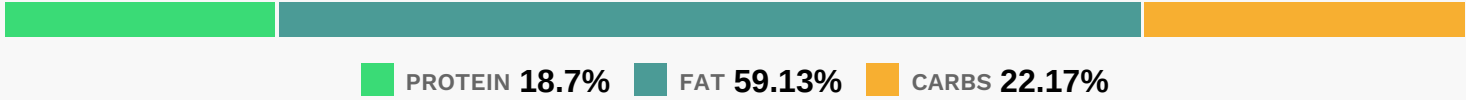
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil and butter in a saucepan, add the tomatoes, scallions, onion, garlic, ground cumin, achiote and cook gently for 10 minutes, stirring until softened.Reduce the heat to low, add the salt, pepper and cilantro, cook for 10 minutes more, stirring occasionally until the sauce has thickened. Check and adjust the seasoning. Set aside.To make the rice: In a large pan over medium heat, add the pork belly. Saut for 5 minutes or until the pork belly is brown.
- ☐ Add the pork ribs. Cook for 5 minutes more. Stirring often.
- ☐ Add the chicken pieces and saut for 4 minutes on each side or until brown.
- ☐ Add the rice and stir to coat.
- ☐ Add the chicken stock, stir and cook for about 15 minutes.
- ☐ Add the peas, carrots, salt, pepper and cumin, cook for about 10 more minutes.Reduce the heat to low, add the hogao, milk and cheese and cook for 10 minutes more.
- ☐ Remove from the heat and let it sit for 5 minutes.

- ☐ Add the fresh cilantro and
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:109.09, Glycemic Load:36.98, Inflammation Score:-10, Nutrition Score:45.731739127118%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 1486.13kcal (74.31%), Fat: 96.42g (148.33%), Saturated Fat: 32.08g (200.51%), Carbohydrates: 81.33g (27.11%), Net Carbohydrates: 76.65g (27.87%), Sugar: 12.2g (13.56%), Cholesterol: 319.08mg (106.36%), Sodium: 1098.28mg (47.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.6g (137.21%), Vitamin A: 7346.3IU (146.93%), Vitamin B3: 23.68mg (118.4%), Selenium: 77.89µg (111.27%), Vitamin B6: 1.67mg (83.38%), Phosphorus: 766.24mg (76.62%), Vitamin B2: 1.08mg (63.52%), Vitamin B1: 0.94mg (62.54%), Manganese: 1.09mg (54.58%), Zinc: 7.61mg (50.75%), Potassium: 1558.69mg (44.53%), Vitamin K: 41.47µg (39.5%), Vitamin B12: 2.17µg (36.12%), Vitamin B5: 3.56mg (35.57%), Copper: 0.66mg (33.23%), Vitamin C: 25.44mg (30.83%), Magnesium: 111.76mg (27.94%), Iron: 4.78mg (26.56%), Fiber: 4.67g (18.69%), Folate: 73.71µg (18.43%), Vitamin E: 2.61mg (17.41%), Calcium: 168mg (16.8%), Vitamin D: 2.22µg (14.83%)