



Asopao de Pollo

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



60 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving adobo seasoning light goya[®] (such as)
- 1 bay leaf
- 29 ounce tomatoes diced canned
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1 bell pepper diced green
- 0.5 teaspoon ground pepper black
- 6 cups chicken broth low-sodium

- 3 tablespoons olive oil
- 1 medium onion diced
- 1 cup peas frozen thawed
- 1 cup pimento-stuffed olives green sliced
- 1 bell pepper diced red
- 0.3 teaspoon pepper flakes red to taste
- 1.5 cups rice medium-grain
- 2 pounds chicken thighs boneless skinless
- 2 tablespoons tomato paste

Equipment

- frying pan
- pot

Directions

- Season chicken thighs with black pepper and adobo seasoning.
- Heat olive oil in a large pot over medium-high heat. Cook and stir green pepper, red pepper, onion, garlic, and tomato paste in the hot oil, until the vegetables have softened slightly, 3 to 4 minutes.
- Remove vegetables from the pot and set aside.
- Pan fry chicken in the pot until browned, 4 to 5 minutes on each side. Return cooked vegetables to the pot along with rice, diced tomatoes, chicken broth, bay leaf, and red pepper flakes. Bring to a boil, then reduce heat to medium-low and simmer until rice is tender and chicken is no longer pink inside, about 20 minutes.
- Stir in peas and olives and cook for another 5 minutes.
- Remove from heat and discard bay leaf. Stir in cilantro and serve.

Nutrition Facts



PROTEIN 29.39% FAT 30.51% CARBS 40.1%

Properties

Glycemic Index:53.09, Glycemic Load:24.45, Inflammation Score:-8, Nutrition Score:31.048695854519%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 550.2kcal (27.51%), Fat: 18.83g (28.96%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 55.68g (18.56%), Net Carbohydrates: 50.12g (18.23%), Sugar: 7.9g (8.77%), Cholesterol: 143.64mg (47.88%), Sodium: 802.57mg (34.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.8g (81.6%), Vitamin C: 67.09mg (81.32%), Vitamin B3: 14.46mg (72.32%), Selenium: 42.76µg (61.08%), Vitamin B6: 1.14mg (57.22%), Phosphorus: 484.61mg (48.46%), Manganese: 0.88mg (44.17%), Potassium: 1131.46mg (32.33%), Vitamin B2: 0.51mg (30.03%), Vitamin A: 1317.79IU (26.36%), Copper: 0.53mg (26.36%), Vitamin B5: 2.61mg (26.1%), Vitamin E: 3.83mg (25.51%), Zinc: 3.73mg (24.84%), Iron: 4.37mg (24.28%), Vitamin K: 24.51µg (23.34%), Vitamin B1: 0.34mg (22.65%), Fiber: 5.56g (22.23%), Magnesium: 84.14mg (21.04%), Vitamin B12: 1.2µg (20.06%), Folate: 53.11µg (13.28%), Calcium: 111.41mg (11.14%)