



Asopao de Pollo (Traditional Chicken Asopao)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.4 ounce olive green pitted drained (such as Goya)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pounds strips.
- ☐ 2 ounces seasoning cubes diced lean
- ☐ 0.7 cup wine dry white
- ☐ 15.8 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 1 cup peas green frozen thawed
- ☐ 0.8 cup plum tomatoes diced
- ☐ 1.5 cups rice medium-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water
- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

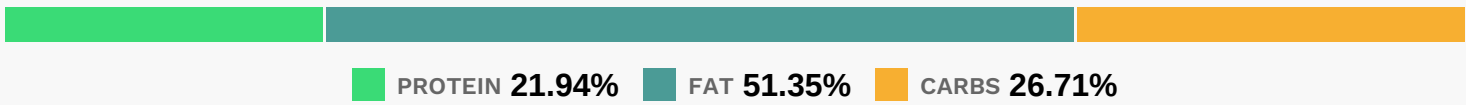
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 4 ingredients in a small bowl.
- ☐ Sprinkle chicken with the oregano mixture.
- ☐ Heat Annatto Oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken; cook 8 minutes, turning once. Reduce heat to medium.
- ☐ Add Sofrito and tomato; cook 3 minutes, stirring frequently.
- ☐ Add rice, wine, ham, and alcaparrado; cook 1 minute, stirring constantly.
- ☐ Add the water and chicken broth; bring to a boil. Cover, reduce heat, and simmer for 20 minutes. Stir in the peas, and cook for 5 minutes or until the rice is tender.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:46.17, Inflammation Score:-9, Nutrition Score:33.838695733444%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 1010.73kcal (50.54%), Fat: 55.76g (85.79%), Saturated Fat: 13.6g (85.03%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 60.16g (21.88%), Sugar: 3.38g (3.76%), Cholesterol: 272.79mg (90.93%), Sodium: 1243.51mg (54.07%), Alcohol: 3.3g (100%), Alcohol %: 0.55% (100%), Protein: 53.6g (107.21%), Selenium: 64.55µg (92.21%), Vitamin B3: 17mg (84.98%), Vitamin B6: 1.19mg (59.39%), Phosphorus: 556.44mg (55.64%), Manganese: 1.04mg (51.96%), Folate: 199.26µg (49.81%), Vitamin B1: 0.71mg (47.27%), Vitamin B5: 3.88mg (38.8%), Iron: 5.96mg (33.13%), Vitamin B12: 1.92µg (32.01%), Zinc: 4.71mg (31.43%), Vitamin B2: 0.47mg (27.49%), Potassium: 837.98mg (23.94%), Magnesium: 91.79mg (22.95%), Copper: 0.45mg (22.29%), Vitamin K: 22.23µg (21.17%), Fiber: 5.11g (20.44%), Vitamin C: 16.85mg (20.42%), Vitamin E: 2.63mg (17.55%), Vitamin A: 835.25IU (16.71%), Calcium: 68.93mg (6.89%), Vitamin D: 0.27µg (1.81%)