



 **15%**
HEALTH SCORE

Brown Arroz Con Pollo (Brown Rice and Chicken)

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

READY IN



60 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

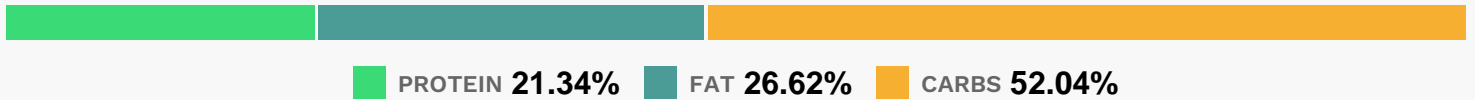
Ingredients

- 14 ounce canned tomatoes canned crushed drained
- 1 dash ground pepper
- 1 lb chicken boneless skinless cut into 1-inch strips
- 2 cups chicken stock see
- 2 teaspoons chili powder
- 2 teaspoons cilantro leaves
- 3 garlic clove minced ()

- 1 cup peas fresh green ()
- 2 bell pepper green chopped ()
- 1 teaspoon ground cumin
- 1 jalapeno seeded chopped (and)
- 0.8 cup brown rice long grain
- 1 medium onion quartered ()
- 1 teaspoon lawry's seasoned salt or any other seasoning salt

Equipment

Nutrition Facts



Properties

Glycemic Index:41.72, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:18.63347826087%

Flavonoids

Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 254.49kcal (12.72%), Fat: 7.66g (11.78%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 28.88g (10.5%), Sugar: 7.64g (8.49%), Cholesterol: 29.62mg (9.87%), Sodium: 631.29mg (27.45%), Protein: 13.81g (27.61%), Vitamin C: 53.03mg (64.28%), Manganese: 1.22mg (60.8%), Vitamin B3: 6.57mg (32.85%), Vitamin B6: 0.59mg (29.43%), Phosphorus: 219.1mg (21.91%), Vitamin B1: 0.3mg (19.68%), Selenium: 13.7µg (19.57%), Fiber: 4.8g (19.2%), Magnesium: 73.51mg (18.38%), Copper: 0.34mg (16.86%), Potassium: 584.47mg (16.7%), Vitamin A: 763.8IU (15.28%), Iron: 2.6mg (14.42%), Vitamin K: 14.95µg (14.24%), Vitamin B2: 0.23mg (13.31%), Vitamin E: 1.78mg (11.83%), Zinc: 1.68mg (11.22%), Folate: 43.49µg (10.87%), Vitamin B5: 0.97mg (9.69%), Calcium: 57.01mg (5.7%), Vitamin B12: 0.11µg (1.87%)