



Cazuela de Pollo y Frijoles Blancos(White Bean and Chicken Casserole)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 15 oz beans white canned
- ☐ 2 cups chicken stock see
- ☐ 4 servings cilantro leaves for garnish
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lime

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 plantains diced ripe peeled
- ☐ 1 large potatoes diced peeled
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 servings salt and pepper
- ☐ 1 scallion finely chopped
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 1 tomatoes finely chopped

Equipment

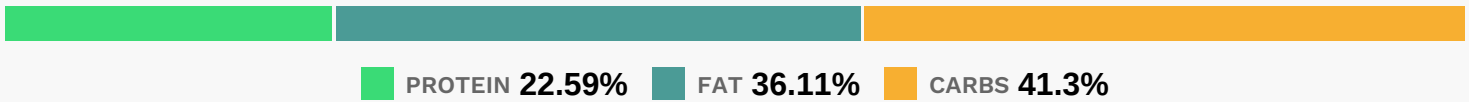
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, warm the olive oil.
- ☐ Add the bacon and cook for about 2 minutes or until browned.
- ☐ Transfer the bacon to a plate and set aside.
- ☐ Add the plantains to the same sauce pan and cook for about 3 minutes or until browned and set aside on a plate for later use.
- ☐ Add the onions, scallions, red pepper, garlic, tomato and sauté until tender and translucent, about 10 minutes, stirring occasionally.
- ☐ Add cumin, paprika, sazón goya, salt and pepper.
- ☐ Add the chicken stock, white beans, potatoes and season with salt and pepper. Cook for about 20 minutes over medium heat.
- ☐ Add the shredded chicken and bacon, stir well, cover the saucepan and cook for 10 minutes more.

- ☐
- Add more chicken stock if necessary.To make the cumin cream: place all the ingredients in a small bowl. Stir and set aside.To serve: Divide the chicken and bean mixture in bowls.
- ☐
- Add the cooked plantains on top and drizzle cumin cream.
- ☐
- Garnish with cilantro or parsley.
- ☐
- Serve warm with white plain rice.

Nutrition Facts



Properties

Glycemic Index:81.44, Glycemic Load:17.97, Inflammation Score:-9, Nutrition Score:28.173043248446%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 592.19kcal (29.61%), Fat: 24.1g (37.07%), Saturated Fat: 6.88g (43.01%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 53.14g (19.32%), Sugar: 13.21g (14.67%), Cholesterol: 78.3mg (26.1%), Sodium: 549.47mg (23.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.83%), Vitamin C: 45.66mg (55.35%), Vitamin B3: 9.84mg (49.18%), Vitamin B6: 0.95mg (47.75%), Potassium: 1565.49mg (44.73%), Manganese: 0.86mg (42.93%), Phosphorus: 386.34mg (38.63%), Selenium: 26.75µg (38.22%), Fiber: 8.85g (35.41%), Iron: 5.79mg (32.17%), Magnesium: 122.92mg (30.73%), Vitamin K: 32.16µg (30.63%), Folate: 117.68µg (29.42%), Vitamin A: 1378.17IU (27.56%), Copper: 0.53mg (26.41%), Vitamin B1: 0.37mg (24.4%), Vitamin B2: 0.38mg (22.21%), Zinc: 3.17mg (21.15%), Vitamin E: 2.46mg (16.41%), Vitamin B5: 1.53mg (15.28%), Calcium: 135.43mg (13.54%), Vitamin B12: 0.33µg (5.43%)