



Chicken and Chorizo Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers in brine packed
- ☐ 7 ounces chorizo dried sliced
- ☐ 3.5 cups chicken broth fat-free low-sodium
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings lemon wedges for serving
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped

- ☐ 1 cup peas frozen
- ☐ 2 cups converted rice
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 3 tablespoons tomato paste

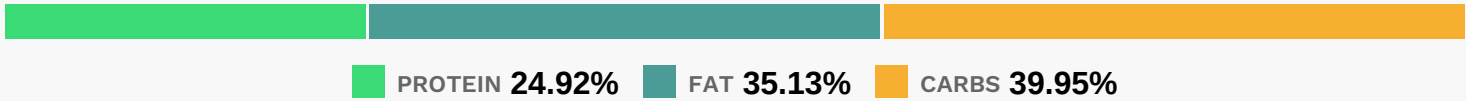
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large heavy skillet or pot over high heat.
- ☐ Add the onion and garlic and cook, stirring, until the onion is translucent, about 3 minutes. Season the chicken with 1/4 teaspoon each salt and pepper.
- ☐ Add to the skillet along with the chorizo; cook, turning occasionally, until the chicken starts to brown, about 3 minutes. Move the chicken and chorizo to one side of the pan and stir in the tomato paste, rice and capers.
- ☐ Add the broth and bring to a boil. Cook, stirring occasionally, about 8 minutes. Stir in the peas, reduce the heat to medium low, cover and cook until the rice is tender, about 15 minutes.
- ☐ Let rest, covered, 5 minutes. Fluff the rice with a fork, stirring to combine all the ingredients.
- ☐ Serve with lemon wedges.
- ☐ Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:47.43, Inflammation Score:-7, Nutrition Score:29.55130421597%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

Nutrients (% of daily need)

Calories: 888.27kcal (44.41%), Fat: 34.15g (52.53%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 87.37g (29.12%), Net Carbohydrates: 82.89g (30.14%), Sugar: 5.13g (5.7%), Cholesterol: 192.6mg (64.2%), Sodium: 676.65mg (29.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.49g (108.98%), Selenium: 54.13µg (77.32%), Vitamin B3: 15.02mg (75.09%), Manganese: 1.28mg (64.23%), Phosphorus: 546.55mg (54.65%), Vitamin B6: 1.07mg (53.51%), Vitamin B5: 3.08mg (30.8%), Zinc: 4.41mg (29.4%), Vitamin B2: 0.49mg (28.95%), Copper: 0.55mg (27.49%), Potassium: 960.95mg (27.46%), Iron: 4.65mg (25.83%), Vitamin C: 20.42mg (24.75%), Vitamin K: 25.12µg (23.93%), Vitamin B1: 0.34mg (22.57%), Magnesium: 86.5mg (21.63%), Vitamin B12: 1.3µg (21.59%), Vitamin E: 2.98mg (19.84%), Fiber: 4.48g (17.92%), Vitamin A: 687.5IU (13.75%), Folate: 45.97µg (11.49%), Calcium: 74.81mg (7.48%)