



Chicken and Pigeon Peas Skillet Dinner

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon finely chopped
- 15 oz goya pigeon peas drained canned (gandules)
- 3 cups chicken broth
- 3 Tbsp sofrito sauce
- 0.5 cup onion chopped
- 1.5 cups cheddar cheese shredded kraft
- 1.5 lb chicken breast boneless skinless cut into 2-inch pieces
- 8 oz style tomato sauce spanish canned

2 cups rice long-grain white uncooked

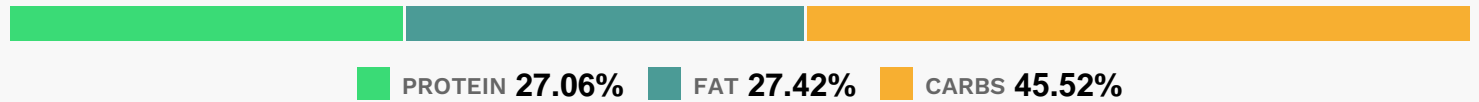
Equipment

frying pan

Directions

- Cook bacon, onion and sofrito sauce base in large skillet on medium-high heat 5 min. or until bacon is almost crisp.
- Add chicken to skillet; brown on all sides.
- Stir tomato sauce and broth into skillet; bring to boil.
- Add rice and pigeon peas. Bring to boil; cover.
- Reduce heat to low; simmer 20 min. or until chicken is cooked through and rice is tender.
- Sprinkle with cheese before serving.

Nutrition Facts



Properties

Glycemic Index:4.55, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:4.0691303727419%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 97.07kcal (4.85%), Fat: 2.91g (4.48%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.93g (3.61%), Sugar: 0.65g (0.72%), Cholesterol: 16.93mg (5.64%), Sodium: 168.85mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.93%), Selenium: 8.9µg (12.72%), Vitamin B3: 2.19mg (10.96%), Manganese: 0.17mg (8.69%), Phosphorus: 84.4mg (8.44%), Vitamin B6: 0.16mg (8.23%), Vitamin B5: 0.42mg (4.21%), Potassium: 144.95mg (4.14%), Calcium: 40.04mg (4%), Fiber: 0.95g (3.81%), Folate: 15µg (3.75%), Vitamin B2: 0.06mg (3.7%), Magnesium: 14.26mg (3.57%), Zinc: 0.5mg (3.37%), Copper: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.08%), Iron: 0.34mg (1.9%), Vitamin B12: 0.09µg (1.56%), Vitamin A: 73.64IU (1.47%), Vitamin E: 0.17mg (1.15%)