



Chicken and Rice (Arroz con Pollo)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup carrots diced frozen
- ☐ 1 chicken bouillon tablet
- ☐ 2 chicken breast whole bone in skinless
- ☐ 2.5 cups chicken stock see
- ☐ 4 servings chicken and stock
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2 garlic cloves
- ☐ 0.5 cup green beans diced frozen
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.5 tablespoon ground cumin
- ☐ 1 cup long-grain rice white
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup peas frozen
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 servings rice
- ☐ 4 servings salt and pepper
- ☐ 0.5 tablespoon sazón goya with azafrán
- ☐ 1 scallion
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 onion white

Equipment

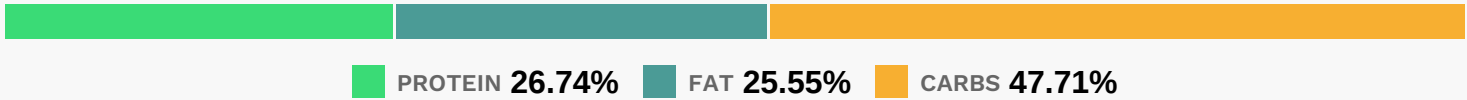
- ☐ pot

Directions

- ☐ Place the chicken breast, 5 cups water and the remaining ingredients for the stock in a medium pot. Bring to a boil, cover and reduce the heat to medium low. Cook for 20 to 25 minutes. Turn the heat off and let the chicken rest in the pot for about 15 minutes covered.
- ☐ Let it cool, shred and set aside. Strain stock and measure 2 cups and set aside. In a medium pot, heat the olive oil over medium-high heat.
- ☐ Add the onions, green peppers, garlic and red bell pepper. Cook until the onions are translucent, about 4 to 5 minutes.
- ☐ Add the rice, tomato paste, chicken bouillon and sazón goya. Stir until the rice is well coated about 3 minutes.

- ☐
- Add the chicken stock and bring to a boil. Then reduce the heat to low. Cover and simmer for about 15 minutes.
- ☐
- Add the peas, carrots and green beans and cook for and additional 7 minutes, add the shredded chicken and cilantro, mix well with a fork, cover and cook for 5 minutes more.
- ☐
- Serve and Enjoy!

Nutrition Facts



Properties

Glycemic Index:132.38, Glycemic Load:25.39, Inflammation Score:-10, Nutrition Score:28.528695536696%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 527.81kcal (26.39%), Fat: 14.75g (22.7%), Saturated Fat: 2.88g (18%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 58.34g (21.21%), Sugar: 10.68g (11.87%), Cholesterol: 69.56mg (23.19%), Sodium: 998.42mg (43.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.47%), Vitamin B3: 17.35mg (86.74%), Vitamin A: 3441.48IU (68.83%), Selenium: 45.8µg (65.42%), Vitamin B6: 1.18mg (59.23%), Vitamin C: 35.38mg (42.89%), Phosphorus: 403.18mg (40.32%), Manganese: 0.79mg (39.66%), Vitamin B2: 0.52mg (30.86%), Potassium: 1070.12mg (30.57%), Vitamin K: 28.83µg (27.45%), Vitamin B1: 0.33mg (22.18%), Copper: 0.44mg (21.87%), Vitamin B5: 1.96mg (19.56%), Magnesium: 72.57mg (18.14%), Iron: 2.88mg (15.99%), Folate: 59.19µg (14.8%), Fiber: 3.63g (14.51%), Zinc: 2.06mg (13.75%), Vitamin E: 1.96mg (13.07%), Calcium: 67.13mg (6.71%), Vitamin B12: 0.18µg (3.01%)