



Chicken and Rice with Fresh Chorizo



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



45

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 can canned tomatoes whole drained chopped
- ☐ 6 cups chicken stock see
- ☐ 4 links chorizo fresh italian hot
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 jalapeño minced seeded

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup peas frozen thawed
- ☐ 1 bell pepper red coarsely chopped
- ☐ 1 medium onion red coarsely chopped
- ☐ 1.5 cups rice long-grain
- ☐ 45 servings salt and pepper freshly ground
- ☐ 3 scallions coarsely chopped
- ☐ 4 chicken legs whole

Equipment

- ☐ sauce pan

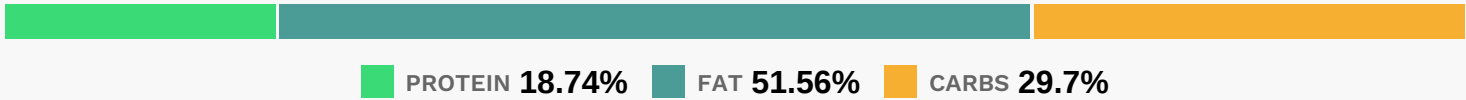
Directions

- ☐ In a large enameled cast-iron casserole, heat 1 tablespoon of the olive oil.
- ☐ Add the chorizo, cover and cook over moderate heat, turning once, until richly browned and just cooked through, 10 minutes; transfer to a plate. Season the chicken legs with salt and pepper and add them to the casserole, skin side down. Cook over moderately high heat until browned, 5 minutes per side.
- ☐ Transfer the chicken to the plate with the chorizo.
- ☐ Pour off all but 2 tablespoons of fat from the casserole.
- ☐ Add the garlic, onion and bell pepper and cook over moderate heat, stirring occasionally, until softened, 8 minutes.
- ☐ Add the turmeric and cook, stirring, until fragrant, 30 seconds.
- ☐ Add the wine and boil over high heat until almost evaporated, 3 minutes.
- ☐ Add the chopped tomatoes and chicken stock and bring to a boil. Return the chorizo and chicken to the casserole along with any accumulated juices. Simmer over low heat until the chicken is cooked through, about 45 minutes.
- ☐ In a medium saucepan, heat the remaining 1 tablespoon of olive oil.
- ☐ Add the rice and cook over moderate heat, stirring, until coated with oil. Stir in 5 cups of the chicken cooking liquid into the rice. Cover partially and cook over moderately low heat, stirring often, until the rice is just tender and has absorbed most of the cooking liquid, about

25 minutes. Stir in the peas, scallions, cilantro and jalapeo and warm over low heat. Season with salt and pepper.

- ☐
- Cut each chorizo link into 3 pieces and return them to the casserole. Gently reheat the chicken and chorizo. Spoon the rice onto large plates and top with the chorizo pieces and chicken. Spoon some of the remaining cooking liquid on top and serve.

Nutrition Facts



Properties

Glycemic Index:8.37, Glycemic Load:3.41, Inflammation Score:-3, Nutrition Score:3.9560869342607%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 107.4kcal (5.37%), Fat: 6.05g (9.3%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.26g (2.64%), Sugar: 1.36g (1.51%), Cholesterol: 19.18mg (6.39%), Sodium: 334.93mg (14.56%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 4.95g (9.89%), Selenium: 6.32µg (9.03%), Vitamin B3: 1.69mg (8.45%), Vitamin C: 6.55mg (7.94%), Vitamin B1: 0.1mg (6.62%), Vitamin B6: 0.13mg (6.51%), Manganese: 0.12mg (5.92%), Phosphorus: 56.31mg (5.63%), Vitamin B2: 0.08mg (4.49%), Potassium: 138.06mg (3.94%), Vitamin K: 3.91µg (3.72%), Zinc: 0.54mg (3.61%), Copper: 0.07mg (3.52%), Vitamin A: 151.17IU (3.02%), Iron: 0.53mg (2.94%), Vitamin B5: 0.27mg (2.7%), Vitamin B12: 0.15µg (2.58%), Magnesium: 10.27mg (2.57%), Fiber: 0.57g (2.29%), Folate: 8.94µg (2.24%), Vitamin E: 0.31mg (2.06%), Calcium: 11.32mg (1.13%)