



Chicken for Almodovar

READY IN



35 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter chopped
- ☐ 6 medium pieces chicken breast cut in half across the breast
- ☐ 1 cup chicken stock see
- ☐ 3 cups chicken stock see
- ☐ 1 cup cooking wine dry white
- ☐ 3 tablespoons evoo extra-virgin
- ☐ 1 bay leaf fresh

- ☐ 4 cloves garlic crushed
- ☐ 1 small tub olives green spanish pitted coarsely chopped
- ☐ 1 medium onion thinly sliced quartered
- ☐ 2 pimentos jarred halved drained sliced
- ☐ 0.3 teaspoon saffron threads
- ☐ 4 servings salt and pepper
- ☐ 1 cups rice white
- ☐ 0.3 cup a couple of handfuls chopped
- ☐ 0.3 cup handfuls

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

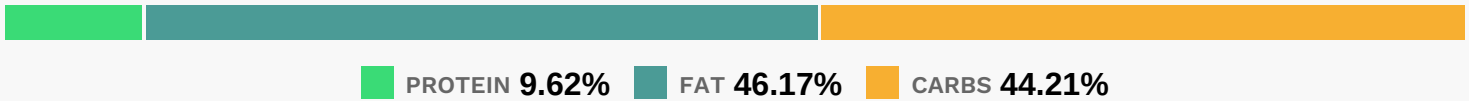
Directions

- ☐ In a medium sauce pan bring stock and butter to a boil.
- ☐ Add saffron and rice. Cover pot, reduce heat to low and simmer 18 to 20 minutes. Fluff with fork.
- ☐ In a large skillet over medium high heat, brown chicken seasoned with salt and pepper in 2 tablespoons oil, 2 turns of the pan, about 2 – 3 minutes on each side.
- ☐ Remove chicken and add another tablespoon evoo, a turn of the pan.
- ☐ Add garlic and onions and saut 2 minutes to begin to soften them. Stir in bay, pimento, olives, raisins.
- ☐ Add wine and cook 1 minute, picking up any pan drippings.
- ☐ Add stock and bring liquid up to a bubble.
- ☐ Whisk in butter until melted. Return chicken to the pan and reduce heat to simmer. Cook 15 minutes.

☐

Serve chicken over saffron rice and garnish with lots of chopped parsley and a generous topping of toasted almonds.

Nutrition Facts



Properties

Glycemic Index:111.71, Glycemic Load:27.38, Inflammation Score:-7, Nutrition Score:18.690434719314%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg, Isorhamnetin: 1.68mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 586.05kcal (29.3%), Fat: 28.14g (43.3%), Saturated Fat: 8.19g (51.16%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 57.52g (20.92%), Sugar: 11.55g (12.83%), Cholesterol: 30.74mg (10.24%), Sodium: 621.38mg (27.02%), Alcohol: 6.18g (100%), Alcohol %: 1.84% (100%), Protein: 13.19g (26.39%), Vitamin K: 90.36µg (86.06%), Manganese: 0.96mg (48.14%), Vitamin E: 4.9mg (32.64%), Vitamin B3: 5.4mg (27%), Vitamin B2: 0.41mg (23.84%), Phosphorus: 215.82mg (21.58%), Copper: 0.41mg (20.68%), Selenium: 14.02µg (20.02%), Vitamin B6: 0.39mg (19.27%), Magnesium: 68.1mg (17.02%), Potassium: 589.09mg (16.83%), Vitamin A: 708.02IU (14.16%), Vitamin C: 10.95mg (13.27%), Fiber: 3.12g (12.49%), Iron: 2.13mg (11.86%), Vitamin B1: 0.17mg (11.22%), Zinc: 1.46mg (9.71%), Folate: 35.02µg (8.75%), Calcium: 83.14mg (8.31%), Vitamin B5: 0.67mg (6.67%)