



Chicken with Rice and Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomatoes canned crushed
- ☐ 0.1 teaspoon cayenne
- ☐ 4 skin-on chicken drumsticks
- ☐ 4 chicken thighs
- ☐ 1 tablespoon cooking oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 1 onion chopped fine
- ☐ 0.5 cup bottled pimientos drained
- ☐ 1 cup rice medium-grain
- ☐ 1.8 teaspoons salt
- ☐ 1.8 cups water

Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep frying pan, heat the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and the pepper and add to the pan. Cook, turning, until well browned, about 8 minutes in all.
- ☐ Remove.
- ☐ Pour off all but 1 tablespoon of the fat from the pan.
- ☐ Add the onion to the pan and reduce the heat to moderately low. Cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and cook, stirring, for 30 seconds longer.
- ☐ Add the tomatoes and pimientos, scraping the bottom of the pan to dislodge any brown bits. Stir in the beans, rice, water, parsley, the remaining 1 1/2 teaspoons of salt, and the cayenne, and arrange the chicken on top in an even layer.
- ☐ Bring to a boil and simmer until all the water is absorbed, about 12 minutes. Turn the drumsticks and reduce the heat to very low. Cover and cook until the chicken and rice are just done, about 15 minutes longer.
- ☐ Serve with the lime wedges, if using.
- ☐ Wine Recommendation: A fruity red wine such as a merlot is best with this classic dish. If you can, try to find a bottle from a producer in Argentina or Chile, or open your favorite California merlot.

Nutrition Facts



 **PROTEIN 24.4%**  **FAT 44.7%**  **CARBS 30.9%**

Properties

Glycemic Index:74.3, Glycemic Load:24.67, Inflammation Score:-8, Nutrition Score:24.706956438396%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 608.15kcal (30.41%), Fat: 29.93g (46.05%), Saturated Fat: 7.31g (45.7%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 43.64g (15.87%), Sugar: 4.72g (5.24%), Cholesterol: 180.39mg (60.13%), Sodium: 1277.09mg (55.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Selenium: 43.58µg (62.26%), Vitamin B3: 10.65mg (53.23%), Vitamin B6: 0.92mg (46.2%), Vitamin K: 45.65µg (43.48%), Vitamin C: 35.74mg (43.32%), Phosphorus: 393.62mg (39.36%), Manganese: 0.75mg (37.53%), Vitamin B5: 2.62mg (26.23%), Zinc: 3.69mg (24.6%), Vitamin A: 1086.1IU (21.72%), Vitamin B2: 0.36mg (21.12%), Potassium: 737.63mg (21.08%), Vitamin B12: 1.14µg (18.99%), Copper: 0.37mg (18.41%), Iron: 3.12mg (17.32%), Magnesium: 67.45mg (16.86%), Vitamin B1: 0.25mg (16.36%), Vitamin E: 2.04mg (13.63%), Fiber: 2.92g (11.67%), Folate: 27.3µg (6.83%), Calcium: 67.99mg (6.8%), Vitamin D: 0.19µg (1.26%)