



Chicken with Rice (Arroz con Pollo)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz canned tomatoes canned
- ☐ 48 oz chicken thighs
- ☐ 1 tablespoon chili powder
- ☐ 9 oz corn kernels frozen
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 cloves garlic minced peeled
- ☐ 2 jalapeño chiles fresh stemmed rinsed thinly sliced

- ☐ 4 servings salt
- ☐ 1 tablespoon vegetable oil
- ☐ 8 oz onion white peeled chopped
- ☐ 1.5 cups rice long-grain white

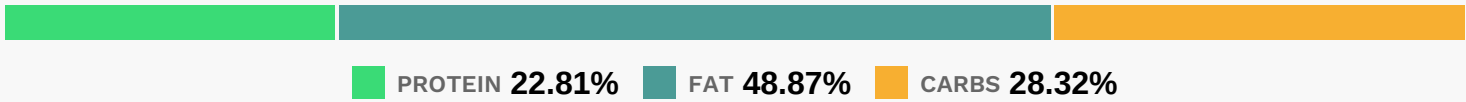
Equipment

- ☐ frying pan

Directions

- ☐ Remove skin from chicken. Trim off and discard excess fat. Rinse chicken and pat dry. Rub chili powder all over pieces.
- ☐ Set a 12-inch frying pan with 2-inch-tall sides or a 5- to 6-quart pan over medium-high heat. When hot, add oil and tilt pan to coat bottom.
- ☐ Add chicken in a single layer and turn as needed to brown on both sides, 10 to 12 minutes total (if necessary, brown in two batches, adding 1 more tablespoon oil if needed).
- ☐ Transfer to a plate.
- ☐ Add onion, garlic, and jalapeo chiles to pan; stir often until onion is limp, about 3 minutes. Reduce heat to medium and add rice; stir often until rice is opaque, about 3 minutes.
- ☐ Add broth, tomatoes (including juices), corn, and 1/4 cup mint. Bring to a boil over high heat.
- ☐ Lay chicken pieces slightly apart in pan. Reduce heat to low, cover pan, and cook until rice is tender to bite and chicken is no longer pink at the bone (cut to test), 25 to 30 minutes.
- ☐ Sprinkle with remaining mint and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:36.88, Inflammation Score:-8, Nutrition Score:39.168695719346%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 1143.66kcal (57.18%), Fat: 62.03g (95.43%), Saturated Fat: 16.16g (101.02%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 74.61g (27.13%), Sugar: 10.31g (11.46%), Cholesterol: 333.39mg (111.13%), Sodium: 1221.98mg (53.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.14g (130.27%), Selenium: 78.61µg (112.3%), Vitamin B3: 19.86mg (99.3%), Vitamin B6: 1.64mg (82.05%), Phosphorus: 721.31mg (72.13%), Manganese: 1.27mg (63.61%), Vitamin B5: 4.93mg (49.34%), Vitamin B12: 2.4µg (40.07%), Vitamin B2: 0.67mg (39.22%), Potassium: 1355.69mg (38.73%), Zinc: 5.76mg (38.42%), Magnesium: 124.52mg (31.13%), Copper: 0.61mg (30.74%), Vitamin B1: 0.45mg (29.85%), Vitamin C: 24.56mg (29.76%), Iron: 5.17mg (28.72%), Vitamin A: 1336.48IU (26.73%), Fiber: 6.27g (25.06%), Vitamin E: 3.39mg (22.62%), Vitamin K: 22.4µg (21.33%), Folate: 70.96µg (17.74%), Calcium: 120.62mg (12.06%), Vitamin D: 0.34µg (2.27%)