

## Chicken with Rice (Arroz con Pollo)



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 8 chicken thighs boneless with skin
- ☐ 4 ounce chiles green chopped canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1.3 cups chicken broth
- ☐ 0.8 cup peas fresh
- ☐ 1 clove garlic crushed
- ☐ 0.5 cup olive oil

- ☐ 2 cups onion   chopped
- ☐ 8 ounce pimiento–stuffed olives   green drained sliced
- ☐ 0.5 teaspoon pepper flakes   red crushed
- ☐ 2 cups converted rice   long–grain white
- ☐ 0.3 teaspoon saffron threads
- ☐ 2.5 teaspoons salt
- ☐ 0.5 cup water

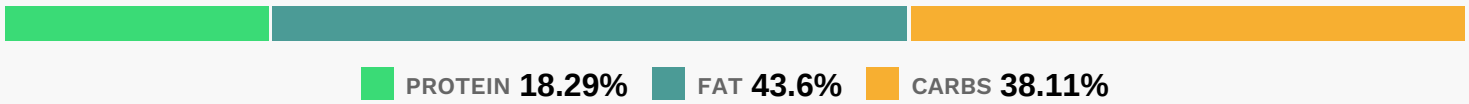
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Heat the olive oil in a Dutch oven over medium heat. Sear the chicken until golden, then set aside. Stir in the onion, garlic, and red pepper flakes; cook until the onions have softened, about 4 minutes.
- ☐ Add the rice, and season with salt, pepper, and saffron. Cook rice until golden, stirring constantly, about 10 minutes. Stir in the tomatoes, green chiles, and chicken broth.
- ☐ Place chicken thighs on top, then bring to a boil, cover, and place in the preheated oven.
- ☐ Bake for 1 hour in the preheated oven, then sprinkle the peas, pimentos, and olives on top.
- ☐ Pour in the water, but do not stir. Recover and continue baking until the chicken is fully cooked, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:34.25, Inflammation Score:-8, Nutrition Score:26.761739067409%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 728.58kcal (36.43%), Fat: 35.5g (54.61%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 62.87g (22.86%), Sugar: 9.62g (10.69%), Cholesterol: 148.63mg (49.54%), Sodium: 2115.97mg (92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.51g (67.03%), Manganese: 1.14mg (56.95%), Selenium: 39.58µg (56.55%), Vitamin B3: 10.38mg (51.91%), Vitamin B6: 0.96mg (47.78%), Phosphorus: 393.44mg (39.34%), Vitamin C: 29.99mg (36.35%), Copper: 0.57mg (28.47%), Fiber: 6.93g (27.74%), Vitamin E: 4.12mg (27.44%), Potassium: 943.33mg (26.95%), Vitamin B5: 2.64mg (26.44%), Vitamin B1: 0.35mg (23.22%), Iron: 4.15mg (23.08%), Vitamin B2: 0.38mg (22.11%), Zinc: 3.31mg (22.09%), Magnesium: 88.11mg (22.03%), Vitamin K: 18.1µg (17.24%), Vitamin B12: 0.97µg (16.23%), Vitamin A: 765.42IU (15.31%), Folate: 60µg (15%), Calcium: 122.94mg (12.29%)