



WHATSheATE



Cochiti Arroz con Pollo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken thighs skinless dry with or (2 lb. total), rinsed and patted (see notes)
- ☐ 2 tablespoons chili powder
- ☐ 7 cups fat-skimmed chicken broth
- ☐ 5 tablespoons mint leaves fresh chopped
- ☐ 14 oz chilies whole green canned (see notes)
- ☐ 8 oz onion peeled chopped
- ☐ 0.3 cup pinenuts
- ☐ 2 tablespoons salad oil (if using skinned chicken; otherwise omit)

- ☐ 6 servings salt and pepper
- ☐ 8 oz lightly spinach leaves packed rinsed
- ☐ 1.3 cups rice long-grain white

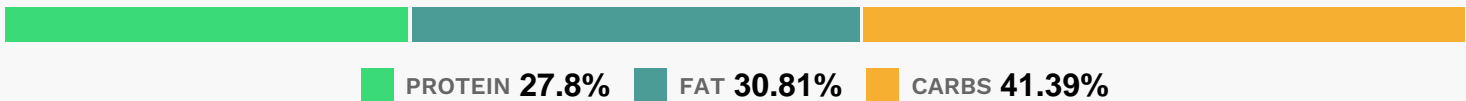
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ In a 6- to 8-quart pan over medium heat, stir pine nuts until lightly toasted, 2 to 3 minutes; pour from pan.
- ☐ If using skinned chicken, pour oil into pan and turn heat to medium-high. When pan is hot, add thighs, skin side down, in a single layer (brown in batches if they don't all fit); turn occasionally until lightly browned, 10 to 12 minutes.
- ☐ Transfer to a plate.
- ☐ Add onion to pan and stir often until limp, about 5 minutes; add chili powder and stir for about 10 seconds.
- ☐ Add broth to pan and increase heat to high.
- ☐ Cut green chilies in half lengthwise. When broth is boiling, return chicken and any drippings to pan; add green chilies. Reduce heat, cover, and simmer for 15 minutes.
- ☐ Stir rice into pan, making sure all grains are submerged. Cover and simmer, stirring occasionally, until rice is tender to bite, 20 to 25 minutes.
- ☐ Uncover pan and turn heat to high; add spinach and 1/4 cup mint, pushing down into liquid, and stir gently until wilted, 1 to 2 minutes. Season to taste with salt and pepper. Ladle mixture into wide bowls, then sprinkle with remaining tablespoon mint and the toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:21.68, Inflammation Score:-10, Nutrition Score:38.035217409549%

Flavonoids

Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 425.56kcal (21.28%), Fat: 14.76g (22.71%), Saturated Fat: 2g (12.47%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 40.16g (14.6%), Sugar: 6.1g (6.78%), Cholesterol: 107.35mg (35.78%), Sodium: 1461.92mg (63.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.92%), Vitamin K: 204.48µg (194.74%), Vitamin C: 109.86mg (133.17%), Vitamin A: 5171.36IU (103.43%), Manganese: 1.57mg (78.4%), Vitamin B6: 1.12mg (56.17%), Selenium: 38.67µg (55.24%), Vitamin B3: 10.17mg (50.87%), Phosphorus: 386.08mg (38.61%), Folate: 113.39µg (28.35%), Potassium: 989.06mg (28.26%), Vitamin B2: 0.46mg (27.17%), Magnesium: 108.56mg (27.14%), Vitamin E: 3.84mg (25.57%), Iron: 4.35mg (24.19%), Vitamin B5: 2.32mg (23.24%), Copper: 0.46mg (23.12%), Zinc: 3.15mg (21.01%), Vitamin B12: 1.25µg (20.88%), Vitamin B1: 0.27mg (18.15%), Fiber: 4.44g (17.75%), Calcium: 106.88mg (10.69%)