



Cuban Chicken and Rice

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



1113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 2 tablespoons canola oil
- 4 pound meat from a rotisserie chicken cut into 8 pieces
- 1 tablespoon chile powder
- 1 tablespoon cilantro leaves chopped
- 1 tablespoon garlic chopped
- 1 bell pepper green divided chopped
- 4 servings kosher salt and pepper black freshly ground

- 3 cups rice long grain
- 0.8 cup olives stuffed with pimentos, drained
- 1 medium onion yellow divided chopped

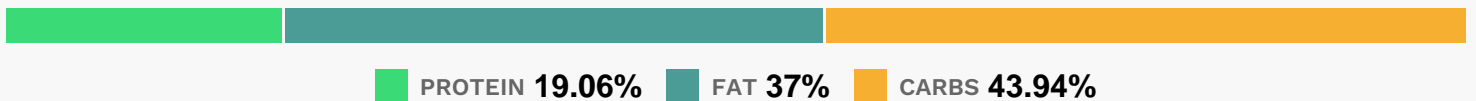
Equipment

- pot

Directions

- Heat the oil in a large, heavy bottom pot over medium-high heat. Season the chicken with salt and pepper, add to the pot, and brown in batches on both sides, 4 to 5 minutes per side.
- Remove the chicken to a plate. To the pot, add half the onions and half the green peppers (reserve remaining half for another use, such as Round 2 Recipe Black Bean and Pork Stew). Cook until softened, about 3 minutes, and then add the garlic and chile powder and season with salt and pepper. Stir in the rice and let it toast for 2 minutes.
- Add 4 cups water, tomato sauce, and olives and give it a stir.
- Put the chicken back into the pot. Bring it to a boil, lower the heat, cover, and simmer until the chicken is cooked through and the rice is tender, 30 to 35 minutes. (Reserve 2 cups rice for another use, such as Round 2 Recipe Rice Cakes with Creamy Cilantro Sauce.)
- Serve garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:59.3, Glycemic Load:68.6, Inflammation Score:-8, Nutrition Score:32.638695447341%

Flavonoids

Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 1112.58kcal (55.63%), Fat: 45.13g (69.42%), Saturated Fat: 10.77g (67.29%), Carbohydrates: 120.59g (40.2%), Net Carbohydrates: 115.36g (41.95%), Sugar: 4.37g (4.85%), Cholesterol: 163.29mg (54.43%), Sodium: 858.17mg (37.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.3g (104.6%), Vitamin B3: 18.07mg (90.36%), Manganese: 1.76mg (88.2%), Selenium: 53.71µg (76.72%), Vitamin B6: 1.22mg (60.99%), Phosphorus: 519.13mg (51.91%), Vitamin C: 34.07mg (41.3%), Vitamin B5: 3.66mg (36.64%), Zinc: 4.7mg (31.3%), Vitamin E: 4.7mg (31.3%), Copper: 0.56mg (28.16%), Vitamin A: 1360.9IU (27.22%), Potassium: 891.17mg (25.46%), Magnesium: 98.92mg (24.73%), Vitamin B2: 0.41mg (23.82%), Iron: 4.29mg (23.82%), Fiber: 5.23g (20.92%), Vitamin B1: 0.29mg (19.03%), Vitamin K: 15.27µg (14.54%), Vitamin B12: 0.67µg (11.25%), Calcium: 103.93mg (10.39%), Folate: 38.92µg (9.73%), Vitamin D: 0.44µg (2.9%)