




 **36%**
HEALTH SCORE

Gourmet Arroz con Pollo


 **Gluten Free**  **Dairy Free**

READY IN




65 min.

SERVINGS



6

CALORIES



926 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 3 tablespoons achiote seeds
- 6 servings asparagus fresh
- 1 can peas
- 6 basil cut into strips
- 6 basil cut into strips
- 3 bay leaves
- 1 jar olives green black
- 1 jar capers

- 1 chicken breast whole boneless cut into parts or 5 chicken breasts, cut into chunks
- 4 cups chicken broth
- 0.5 bunch cilantro leaves (can substitute parsley)
- 10 cloves garlic minced
- 2 bell pepper diced green
- 3 cups rice long grain
- 3 cups rice long grain
- 0.5 cup olive oil
- 2 large onion diced
- 6 servings pimientos
- 1 bell pepper diced red
- 1 bell pepper diced red
- 6 servings salt and pepper to taste
- 1 bell pepper diced yellow

Equipment

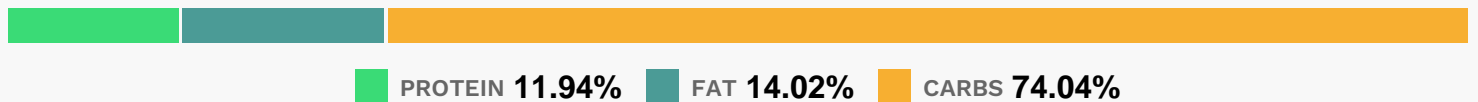
- frying pan
- pot

Directions

- Place 1/2 cup of olive oil in small pan and add the achiote.
- Heat on medium heat until bubbles form, then remove from heat and let steep.
- Drain achiote seeds from oil (should be a vibrant reddish-orange color).
- Place oil in large stockpot.
- Heat oil on high and place chicken pieces in pot and brown; this is done just to brown chicken NOT to cook it.
- Remove chicken from pot.
- Place diced onions, garlic, and peppers in pot with the achiote.

- Saute until soft (do not burn garlic).Put capers in pot and cook for a while with the onion mixture.
- Add rice to the pot with garlic, peppers, garlic and capers, then swirl rice into the mixture.
- Let the rice cook for just about a minute.
- Place cut up cilantro (or parsley) and basil in pot.
- Add in chicken broth and make sure you scrape the pot.
- Add chicken pieces back in.Put olives in and mix.
- Place bay leaves in pot.Check for seasonings (Please note: add salt and pepper at the end).
- Let the mixture cook on medium heat until the rice is done.
- Add peas just before serving.In another medium pot place peeled asparagus in water and boil until they turn bright green.
- Place in ice bath to stop the cooking process.To serve, place rice and chicken in a large platter.Arrange chicken pieces around platter and rice in the center.
- Place cooked asparagus around the platter and then place pimentos in the center.Enjoy!

Nutrition Facts



Properties

Glycemic Index:91.12, Glycemic Load:93.18, Inflammation Score:-9, Nutrition Score:33.629565217391%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 926.23kcal (46.31%), Fat: 14.31g (22.01%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 170.03g (56.68%), Net Carbohydrates: 160.27g (58.28%), Sugar: 8.97g (9.97%), Cholesterol: 27.24mg (9.08%), Sodium: 1621.83mg (70.51%), Protein: 27.42g (54.83%), Vitamin C: 147.09mg (178.29%), Manganese: 2.59mg (129.39%), Selenium: 43.1µg (61.57%), Vitamin B6: 1.06mg (52.77%), Vitamin B3: 9.32mg (46.61%), Vitamin A: 2164.47IU (43.29%),

Phosphorus: 403.18mg (40.32%), Fiber: 9.76g (39.05%), Copper: 0.69mg (34.46%), Vitamin B1: 0.42mg (28.05%),
Vitamin B5: 2.79mg (27.9%), Vitamin K: 27.17µg (25.88%), Magnesium: 98.7mg (24.67%), Vitamin E: 3.66mg (24.4%),
Potassium: 827mg (23.63%), Folate: 90.41µg (22.6%), Zinc: 3.36mg (22.4%), Vitamin B2: 0.37mg (21.54%), Iron:
3.45mg (19.18%), Calcium: 131.28mg (13.13%), Vitamin B12: 0.11µg (1.78%)