



## Fricase de Pollo

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 chicken leg quarters skinless separated
- 4 cloves garlic smashed
- 1 tablespoon olive oil extra-virgin
- 0.5 large bell pepper diced red
- 0.5 onion diced red
- 3 servings salt to taste
- 2 tablespoons tomato paste
- 2 cups water or as needed

## Equipment

- frying pan
- pressure cooker

## Directions

- Heat olive oil in a pressure cooker over medium heat. Stir in red bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add garlic and cook until golden.
- Dissolve tomato paste in 1 cup water and pour it into the pressure cooker.
- Place chicken thighs and drumsticks in the pan so the pieces are evenly spaced.
- Add enough water so that the chicken is nearly covered.
- Seal the pressure cooker and bring up to pressure over high heat. Reduce the heat to low, maintaining full pressure; cook for 15 minutes. Turn off the heat and allow the pressure to drop naturally, about 20 minutes. Season chicken with salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:44.67, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:25.136087153269%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## Nutrients (% of daily need)

Calories: 703.31kcal (35.17%), Fat: 52.84g (81.29%), Saturated Fat: 13.62g (85.15%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.26g (3.63%), Cholesterol: 283.22mg (94.41%), Sodium: 511.07mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.12g (96.24%), Selenium: 55.3µg (78.99%), Vitamin B3: 14.07mg (70.33%), Vitamin B6: 1.17mg (58.27%), Phosphorus: 484.02mg (48.4%), Vitamin C: 39.93mg (48.4%),

Vitamin B5: 3.08mg (30.84%), Vitamin B12: 1.85µg (30.83%), Zinc: 3.84mg (25.61%), Vitamin B2: 0.43mg (25.32%), Vitamin A: 1244.62IU (24.89%), Potassium: 801.18mg (22.89%), Magnesium: 67.09mg (16.77%), Vitamin B1: 0.25mg (16.76%), Vitamin E: 2.18mg (14.51%), Iron: 2.51mg (13.92%), Copper: 0.24mg (11.77%), Vitamin K: 11.57µg (11.02%), Manganese: 0.2mg (10%), Folate: 26.13µg (6.53%), Fiber: 1.41g (5.63%), Calcium: 45.23mg (4.52%), Vitamin D: 0.29µg (1.93%)