



Hunts® Arroz con Pollo y Frijoles Negros

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

READY IN



40 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce premium black beans whole rinsed drained rosarita® canned
- 36 ounce skin-on chicken thighs bone-in
- 0.3 cup green onions divided sliced
- 0.5 teaspoon adobo seasoning blend
- 8 ounce hunt's® tomato sauce canned
- 1.5 cups water
- 1 cup rice long grain white uncooked
- 1 tablespoon caldo con sabor de pollo (chicken bouillon)

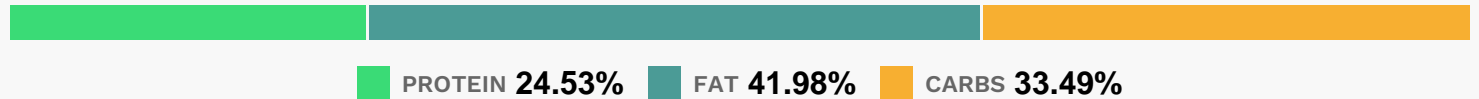
Equipment

frying pan

Directions

- Spray large skillet with cooking spray; heat over medium-high heat.
- Sprinkle chicken with adobo seasoning. Cook chicken 5 minutes per side or until lightly browned.
- Remove from skillet.
- Add rice and half of onions to skillet. Brown in pan drippings over medium heat about 8 minutes, stirring constantly.
- Add tomato sauce, beans, water and bouillon. Stir until well blended.
- Place chicken on top of rice. Cover and simmer 20 minutes or until liquid is absorbed and rice is tender.
- Sprinkle with remaining onions.

Nutrition Facts



Properties

Glycemic Index:28.86, Glycemic Load:18.75, Inflammation Score:-6, Nutrition Score:20.193478374378%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 534.32kcal (26.72%), Fat: 24.75g (38.07%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 37g (13.46%), Sugar: 1.5g (1.67%), Cholesterol: 141.69mg (47.23%), Sodium: 306.36mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Selenium: 32.83µg (46.89%), Vitamin B3: 7.98mg (39.91%), Phosphorus: 375.55mg (37.56%), Manganese: 0.74mg (37.05%), Vitamin B6: 0.64mg (31.97%), Folate: 119.47µg (29.87%), Fiber: 7.42g (29.67%), Magnesium: 93.04mg (23.26%), Vitamin B1: 0.31mg (20.91%), Vitamin B5: 2.08mg (20.77%), Zinc: 3.05mg (20.36%), Potassium: 712.54mg (20.36%), Iron: 3.28mg (18.22%), Copper: 0.35mg (17.45%), Vitamin B2: 0.28mg (16.35%), Vitamin B12: 0.93µg (15.42%), Vitamin K: 15.3µg

(14.58%), Vitamin A: 329.23IU (6.58%), Vitamin E: 0.98mg (6.53%), Calcium: 56.11mg (5.61%), Vitamin C: 3.44mg (4.17%)