



Latin Chicken and Rice Pot



Gluten Free

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READY IN

ready

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40 min.

SERVINGS

servings

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4

CALORIES

calories

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1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted ripe
- ☐ 2 tablespoons butter
- ☐ 3 cups chicken stock see
- ☐ 1 pound chicken tenderloins boneless skinless cut into bite size pieces
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 clove garlic
- ☐ 2 ounce golden raisins
- ☐ 1 small bell pepper green seeded chopped

- ☐ 1 drops several hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup olives spanish with pimientos, drained and chopped
- ☐ 1 small skinned onion white chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 3 teaspoons sazón seasoning blend spanish with mexican and foods in market (recommended: Goya)
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup tomato sauce
- ☐ 2 vine tomatoes ripe seeded chopped
- ☐ 2 cups rice white

Equipment

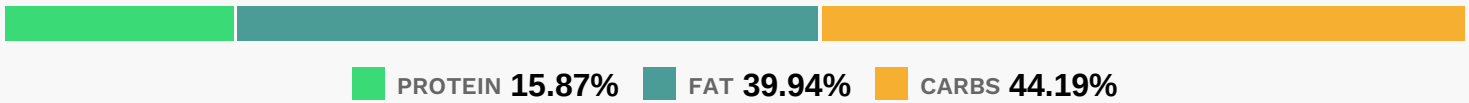
- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Preheat a medium pot over medium heat, add extra-virgin olive oil and butter. When butter melts into oil, add cut up chicken. Season the chicken with salt and pepper. Stir and lightly brown the chicken, then add the rice and cook another 1 to 2 minutes.
- ☐ Add chicken stock, poultry seasoning, Sazón seasoning, tomato sauce and raisins. Bring the stock to a quick boil, 2 or 3 minutes. When the liquid boils, reduce heat to low and cook 13 to 15 minutes, until rice is tender but still a little chewy in the center.
- ☐ While the rice and chicken are working, prepare the salsa.

- ☐
- Combine all the ingredients in a small bowl and adjust the salt and hot sauce, to taste. Next prepare the Avocado and Garlic Sour Cream by adding all ingredients to a food processor and processing until smooth. Adjust seasoning, then transfer to a small bowl.
- ☐
- Stir 1/2 cup of prepared Olive and Pepper Salsa to the chicken and rice mixture. Turn off heat and let stand 5 minutes.
- ☐
- Serve the prepared Latin rice and chicken in shallow bowls with spoonfuls of salsa and avocado cream to garnish.
- ☐
- Serve any remaining salsa and sour cream with plantains and corn chips for dipping and scooping.

Nutrition Facts



Properties

Glycemic Index:98.71, Glycemic Load:53.57, Inflammation Score:-9, Nutrition Score:45.855651845103%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 1031.17kcal (51.56%), Fat: 46.65g (71.76%), Saturated Fat: 14.27g (89.16%), Carbohydrates: 116.14g (38.71%), Net Carbohydrates: 102.46g (37.26%), Sugar: 19.54g (21.71%), Cholesterol: 126.95mg (42.32%), Sodium: 1683.91mg (73.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.4%), Vitamin K: 122.75µg (116.91%), Vitamin B3: 19.53mg (97.64%), Vitamin B6: 1.68mg (84.13%), Selenium: 57.99µg (82.85%), Manganese: 1.64mg (81.81%), Vitamin C: 50.08mg (60.7%), Phosphorus: 558.75mg (55.88%), Fiber: 13.68g (54.7%), Potassium: 1863.42mg (53.24%), Vitamin B5: 4.53mg (45.26%), Vitamin E: 6.65mg (44.32%), Vitamin A: 2091.11IU (41.82%), Copper: 0.79mg (39.37%), Vitamin B2: 0.66mg (38.74%), Folate: 144.04µg (36.01%), Magnesium: 136.71mg (34.18%), Iron: 5.22mg (28.98%), Vitamin B1: 0.36mg (23.88%), Calcium: 225.74mg (22.57%), Zinc: 3.28mg (21.85%), Vitamin B12:

0.36μg (5.99%)