



Latin-Style Chicken and Rice

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs with skin and bone
- ☐ 1 leaf garnish: flat parsley chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 1 cup medium-or rice long-grain white
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 1 cup peas frozen thawed (not)

- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 turkish or
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 0.8 cup water

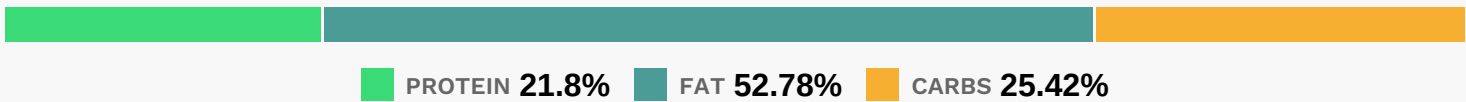
Equipment

- ☐ frying pan
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Pat chicken dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper (total).
- ☐ Heat butter and oil in a 12-inch heavy skillet (at least 2 inches deep) over medium-high heat until foam subsides, then brown chicken, turning once, about 10 minutes total.
- ☐ Transfer chicken with tongs to a plate.
- ☐ Pour off all but 2 tablespoon fat from skillet. Cook onion and garlic with 1/4 teaspoon each of salt and pepper over medium heat, stirring, until golden, about 6 minutes.
- ☐ Add rice and cook, stirring, 1 minute.
- ☐ Add broth, water, saffron, and bay leaf and bring to a full boil. Nestle chicken in rice, keeping as much rice around (rather than under) chicken as possible, and add juices from plate. Simmer, covered tightly with lid, over low heat until chicken is cooked through, rice is tender, and most of liquid is absorbed, about 25 minutes.
- ☐ Remove from heat and stir in peas. Cover with a kitchen towel and then lid and let stand until all of liquid is absorbed, about 15 minutes. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:25.52, Inflammation Score:-7, Nutrition Score:25.645651755126%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg

Nutrients (% of daily need)

Calories: 820.97kcal (41.05%), Fat: 47.75g (73.46%), Saturated Fat: 14.49g (90.54%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 47.64g (17.32%), Sugar: 5.61g (6.23%), Cholesterol: 237.31mg (79.1%), Sodium: 203.25mg (8.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.73%), Selenium: 50.84µg (72.63%), Vitamin B3: 12.95mg (64.77%), Vitamin B6: 1.05mg (52.29%), Phosphorus: 496.89mg (49.69%), Manganese: 0.83mg (41.67%), Vitamin B5: 2.93mg (29.31%), Zinc: 4.02mg (26.83%), Vitamin C: 21.47mg (26.03%), Vitamin B12: 1.52µg (25.37%), Vitamin B2: 0.41mg (24.38%), Vitamin B1: 0.34mg (22.57%), Potassium: 786.47mg (22.47%), Vitamin K: 20.85µg (19.86%), Magnesium: 76.52mg (19.13%), Copper: 0.36mg (17.9%), Fiber: 4.09g (16.36%), Iron: 2.8mg (15.56%), Vitamin A: 653.59IU (13.07%), Folate: 49.97µg (12.49%), Vitamin E: 1.26mg (8.4%), Calcium: 68.59mg (6.86%), Vitamin D: 0.33µg (2.21%)