



WHATSheATE

Peruvian Arroz con Pollo



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper sliced into rings
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 large carrots diced peeled
- ☐ 3.5 cups chicken broth
- ☐ 6 skin-on chicken drumsticks dry with skin, patted
- ☐ 6 chicken thighs dry
- ☐ 1.5 bunches cilantro leaves fresh leaves picked
- ☐ 6 cloves garlic peeled coarsely chopped

- ☐ 2 onions chopped
- ☐ 0.5 cup orange juice
- ☐ 0.8 cup peas frozen
- ☐ 1 aji pepper deveined seeded Peruvian
- ☐ 6 servings salt and pepper black to taste
- ☐ 0.3 cup vegetable oil divided
- ☐ 2 cups rice white uncooked
- ☐ 0.5 cup white wine
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

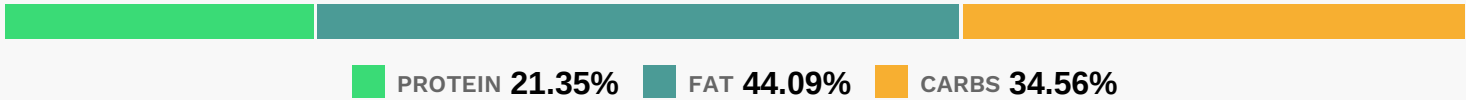
- ☐ Place two large skillets over medium heat, pour 2 tablespoons of vegetable oil into each, and heat the oil until it ripples. Season the chicken with salt and pepper, divide between the two skillets, and fry until golden brown and crisp, about 15 minutes. Use screens over the skillets, if needed, to control spattering.
- ☐ Remove the chicken from the skillets, and drain on paper towels.
- ☐ Place the cilantro leaves, garlic, aji pepper, Worcestershire sauce, and orange juice into a blender, and blend until smooth.
- ☐ Pour the mixture into one of the skillets, bring to a simmer, and cook and stir over medium-low heat until the mixture turns from bright to dark green, about 5 minutes.
- ☐ Place the chopped onions into the other skillet, and cook and stir over medium-low heat until the onions turn translucent, 5 to 7 minutes. Stir in the rice, and cook and stir until the rice starts to turn opaque, about 5 minutes.
- ☐ Pour the white wine into the blender and pulse a few times to rinse off any extra cilantro mixture from the blender, and pour the wine into the skillet containing the cilantro mixture. Bring the mixture back to a simmer over medium heat, scrape the rice and onions into the

cilantro mixture, stir in the chicken broth and black pepper, and bring to a boil.

☐ Place the browned chicken pieces and carrots into the skillet, stir to combine, and cover. Reduce heat, and cook until the rice is separate and the chicken is no longer pink in the center, about 30 minutes.

☐ Remove the lid, place the pepper rings on the rice, and sprinkle with frozen peas. Cover and cook without stirring until the peppers and peas are tender, about 15 minutes. Uncover the skillet and allow the dish to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:67.39, Glycemic Load:33.28, Inflammation Score:-9, Nutrition Score:28.887826059176%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 754.95kcal (37.75%), Fat: 35.86g (55.17%), Saturated Fat: 8.49g (53.05%), Carbohydrates: 63.25g (21.08%), Net Carbohydrates: 59.75g (21.73%), Sugar: 6.91g (7.68%), Cholesterol: 183.13mg (61.04%), Sodium: 922.22mg (40.1%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 39.08g (78.16%), Selenium: 46.74µg (66.78%), Vitamin A: 3072.34IU (61.45%), Vitamin C: 48.24mg (58.47%), Vitamin B3: 11.1mg (55.52%), Manganese: 1.08mg (53.76%), Vitamin B6: 0.95mg (47.44%), Phosphorus: 435.34mg (43.53%), Vitamin K: 35.43µg (33.74%), Vitamin B5: 2.81mg (28.13%), Vitamin B2: 0.46mg (27.33%), Zinc: 4.09mg (27.27%), Potassium: 781.42mg (22.33%), Vitamin B1: 0.33mg (22%), Vitamin B12: 1.17µg (19.45%), Magnesium: 73.64mg (18.41%), Copper: 0.35mg (17.54%), Iron: 2.67mg (14.84%), Fiber: 3.5g (13.99%), Folate: 48.79µg (12.2%), Vitamin E: 1.74mg (11.59%), Calcium: 73.88mg (7.39%), Vitamin D: 0.19µg (1.26%)