



Pollo a la Llanera (Llanera-Style Chicken)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 large bell peppers red thinly sliced
- ☐ 1 meat from a rotisserie chicken cut into 8 serving pieces
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon habanero pepper chopped
- ☐ 4 Tbs olive oil
- ☐ 0.5 onion thinly sliced
- ☐ 6 servings salt and pepper

☐ 2 tomatoes diced

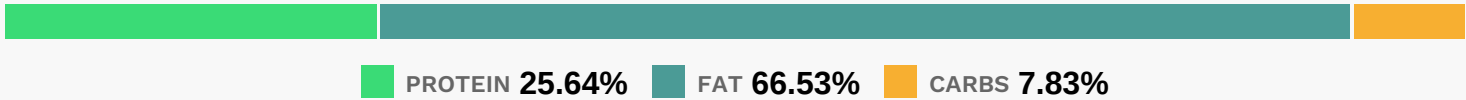
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the chicken in a large bowl. Stir in 1 tablespoon olive oil, 2 garlic cloves, salt, pepper and cumin. Toss chicken within marinade until coated. Cover, put in the fridge and marinate for at least 1 hour.n a large saucepan over medium-high heat, warm 3 tablespoons the olive oil until almost smoking. Working in batches, brown the chicken on all sides, 3 to 4 minutes total.educe the heat to medium-low and add the remaining garlic cloves, onions, tomatoes, red pepper and habanero pepper to the pan and cook, stirring occasionally. Cover and simmer until the chicken is very tender, about 1 hour.
- ☐ Sprinkle fresh parsley and serve warm.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:19.669130418612%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 389.15kcal (19.46%), Fat: 28.78g (44.28%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.46g (1.99%), Sugar: 4.38g (4.87%), Cholesterol: 95.22mg (31.74%), Sodium: 288.67mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin C: 97.03mg (117.61%), Vitamin A: 2662.26IU (53.25%), Vitamin B3: 9.59mg (47.93%), Vitamin B6: 0.73mg (36.28%), Selenium: 18.83µg

(26.9%), Phosphorus: 221.99mg (22.2%), Vitamin E: 3.03mg (20.23%), Potassium: 509.01mg (14.54%), Vitamin B5: 1.44mg (14.38%), Vitamin K: 14.23µg (13.55%), Vitamin B2: 0.22mg (13.2%), Zinc: 1.96mg (13.06%), Folate: 47.09µg (11.77%), Manganese: 0.21mg (10.65%), Magnesium: 40.13mg (10.03%), Iron: 1.73mg (9.6%), Vitamin B1: 0.14mg (9.28%), Fiber: 2.16g (8.63%), Vitamin B12: 0.39µg (6.56%), Copper: 0.11mg (5.52%), Calcium: 31.41mg (3.14%), Vitamin D: 0.25µg (1.69%)