



Pollo con Jugo de Morillas (Chicken with Morels)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds strips.
- ☐ 3 cups rice hot cooked
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 ounce morel mushrooms dried
- ☐ 1 teaspoon salt

☐ 1 cup water boiling

Equipment

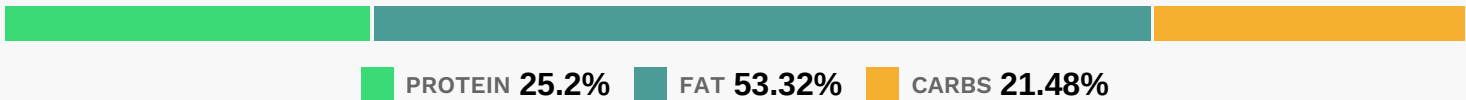
☐ bowl

☐ frying pan

Directions

- ☐ Combine dried mushrooms and water in a bowl; cover and let stand 15 minutes.
- ☐ Drain.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan, and saut 4 minutes on each side or until browned.
- ☐ Add mushrooms, broth, and bay leaves. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:35.95, Inflammation Score:-3, Nutrition Score:19.680869559798%

Nutrients (% of daily need)

Calories: 655.98kcal (32.8%), Fat: 38.15g (58.7%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 33.84g (12.3%), Sugar: 0.19g (0.21%), Cholesterol: 222.26mg (74.09%), Sodium: 993.8mg (43.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.58g (81.15%), Selenium: 52.72µg (75.31%), Vitamin B3: 11.49mg (57.43%), Vitamin B6: 0.91mg (45.36%), Phosphorus: 429.74mg (42.97%), Manganese: 0.68mg (34.05%), Vitamin B5: 2.87mg (28.69%), Vitamin B12: 1.57µg (26.08%), Zinc: 3.58mg (23.89%), Vitamin B2: 0.34mg (20.11%), Potassium: 556.27mg (15.89%), Iron: 2.75mg (15.28%), Magnesium: 60.32mg (15.08%), Vitamin B1: 0.2mg (13.38%), Copper: 0.27mg (13.3%), Vitamin K: 5.17µg (4.93%), Vitamin D: 0.59µg (3.92%), Calcium: 38.97mg (3.9%), Vitamin A: 181.36IU (3.63%), Vitamin E: 0.53mg (3.51%), Fiber: 0.75g (3%), Folate: 11.7µg (2.92%)