



Pollo Gritador (Screamer Chicken)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup bell pepper diced red
- ☐ 4 servings salt and pepper
- ☐ 2 scallions finely chopped
- ☐ 4 large tomatoes diced
- ☐ 2 tablespoons vegetable oil

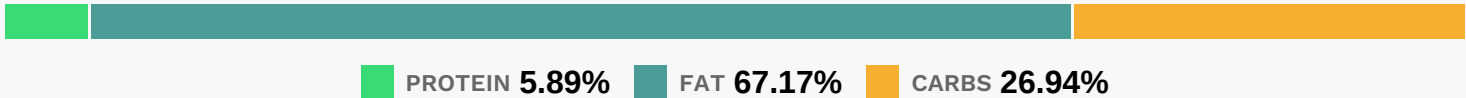
Equipment

- ☐ 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 the vegetable oil. Working in batches, brown the chicken on all sides, 3 to 4 minutes total.
- ☐ Remove the chicken from the pan and set aside.educe the heat to medium-low and add the remaining garlic cloves, onions, tomatoes, red pepper, scallions to the pan and cook, stirring occasionally. Return the chicken to the pan. Cover and simmer until the chicken is very tender, about 45 minutes.dd the aguardiente shot and cook for 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:11.832608749037%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 10.8g (16.62%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.74g (6.38%), Cholesterol: 0mg (0%), Sodium: 205.6mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin C: 50.86mg (61.65%), Vitamin A: 2162.47IU (43.25%), Vitamin K: 42.39µg (40.37%), Vitamin E: 2.38mg (15.87%), Manganese: 0.3mg (14.85%), Potassium: 503.77mg (14.39%), Vitamin B6: 0.24mg (12.09%), Fiber: 2.82g (11.28%), Folate: 39.82µg (9.96%), Vitamin B3: 1.33mg (6.64%), Copper: 0.13mg (6.34%), Magnesium: 25.13mg (6.28%), Vitamin B1: 0.09mg (5.88%), Phosphorus:

56.58mg (5.66%), Iron: 0.9mg (5%), Vitamin B2: 0.06mg (3.49%), Calcium: 31.74mg (3.17%), Zinc: 0.43mg (2.84%),
Vitamin B5: 0.24mg (2.43%)