



Pollo Guisado a la Jardinera (Braised Chicken with Vegetables)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots peeled sliced
- ☐ 0.5 cup chicken broth
- ☐ 8 skin-on chicken legs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves
- ☐ 1 cup green beans cut into bite size
- ☐ 1 teaspoon ground cumin

- ☐ 3 tablespoons juice of lemon
- ☐ 1 onion finely chopped
- ☐ 0.3 teaspoon oregano
- ☐ 1 bell pepper red sliced
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon sugar
- ☐ 2 cups tomato sauce
- ☐ 2 tablespoons vegetable oil

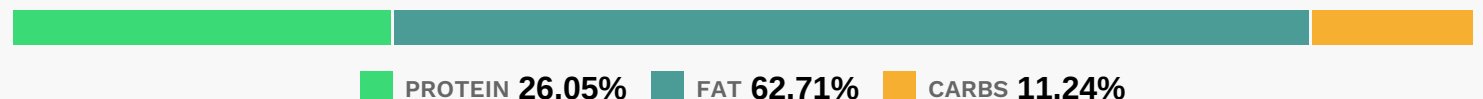
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Season the chicken with the lemon juice, salt and pepper. Set aside for 15 minutes. In a sauce pan over medium-high heat, warm the oil. Working in batches, brown the chicken on both sides, about 9 minutes per batch.
- ☐ Transfer to a plate.
- ☐ Add the onion and bell pepper to the same sauce pan and cook, stirring occasionally, until softened, 3 to 4 minutes.
- ☐ Add the garlic and cook about 1 minute more.
- ☐ Add the broth, tomato sauce, sugar, cumin and oregano and bring to a boil, scraping up the browned bits from the pan bottom. Return the chicken to the pot, reduce the heat to low, and add the carrots and green beans. Cover and simmer until the chicken is cooked, about 25 to 30 minutes.
- ☐ Sprinkle fresh cilantro and serve over white rice.

Nutrition Facts



Properties

Glycemic Index:84.73, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:34.338695515757%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 696.76kcal (34.84%), Fat: 48.75g (75%), Saturated Fat: 12.41g (77.56%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 14.77g (5.37%), Sugar: 10.83g (12.04%), Cholesterol: 240.19mg (80.06%), Sodium: 1130.46mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.57g (91.15%), Vitamin A: 7980.81IU (159.62%), Vitamin C: 60.05mg (72.79%), Vitamin B3: 14.42mg (72.09%), Selenium: 47.97µg (68.53%), Vitamin B6: 1.19mg (59.27%), Phosphorus: 479.85mg (47.99%), Vitamin K: 43.95µg (41.86%), Potassium: 1204.66mg (34.42%), Vitamin B5: 3.27mg (32.65%), Vitamin B2: 0.55mg (32.39%), Zinc: 4.42mg (29.44%), Vitamin E: 3.81mg (25.39%), Vitamin B12: 1.45µg (24.14%), Iron: 4mg (22.21%), Magnesium: 88.81mg (22.2%), Manganese: 0.43mg (21.61%), Vitamin B1: 0.31mg (20.66%), Fiber: 4.89g (19.58%), Copper: 0.35mg (17.57%), Folate: 59.44µg (14.86%), Calcium: 84.17mg (8.42%), Vitamin D: 0.26µg (1.72%)