



 **23%**
HEALTH SCORE

Pollo, Quimbobó Y Platano (Chicken, Okra and Plantain)

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

Ingredients

- 1 chicken breast whole bone-in cut into 8 pieces or 8 pieces of chicken breasts or 8 chicken legs, & thighs
- 0.3 teaspoon cumin
- 8 servings olive oil extra virgin for sauteing
- 8 garlic clove mashed
- 1 bell pepper green chopped
- 2 teaspoons olives packed (liquid that olives are in)
- 1 penzey's southwest seasoning whole for seasoning

- 1 cup okra chopped
- 3 onion chopped
- 8 pimiento stuffed olives green chopped
- 2 over-ripe plantain black ripe (peels, mushy inside)
- 0.3 cup raisins
- 1 bell pepper red chopped
- 8 servings pepper red crushed to taste
- 1 teaspoon salt to taste
- 1 pinch sugar (to cut the acidity)
- 2 tablespoons tomato paste
- 8 ounces tomato sauce
- 3 tomatoes chopped
- 1.5 cups chicken broth

Equipment

- pot

Directions

- Marinate chicken overnight with juice of one whole lemon, 4 mashed garlic cloves, cumin and a sprinkle of salt. When ready to cook, pat dry. In a large pot, add olive oil. Brown chicken on all sides.
- Remove chicken and put aside.
- Add a little more oil to pot. Saut onions and bell peppers till soft.
- Add okra and stir-fry a few minutes.
- Add rest of garlic and saut 30 seconds.
- Add rest of ingredients and saute one minute.
- Add water or chicken broth. Turn heat up high till liquid boils.
- Add chicken. Lower heat. Cover and simmer on very low for 1 hour.
- Serve with white fluffy rice and salad of tomatoes and lettuce.

Nutrition Facts

PROTEIN 12.72% FAT 47.58% CARBS 39.7%

Properties

Glycemic Index:49.74, Glycemic Load:4.75, Inflammation Score:-9, Nutrition Score:18.295217392237%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 295.65kcal (14.78%), Fat: 16.63g (25.58%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 26.35g (9.58%), Sugar: 13.85g (15.39%), Cholesterol: 18.08mg (6.03%), Sodium: 626.99mg (27.26%), Alcohol: 0g (100%), Protein: 10g (20.01%), Vitamin C: 55.88mg (67.74%), Vitamin A: 2309.98IU (46.2%), Vitamin K: 35.19µg (33.52%), Vitamin B6: 0.64mg (32.07%), Vitamin E: 4.22mg (28.14%), Vitamin B3: 5.25mg (26.23%), Potassium: 843.11mg (24.09%), Manganese: 0.46mg (22.78%), Fiber: 4.87g (19.48%), Selenium: 11.32µg (16.17%), Phosphorus: 150.09mg (15.01%), Magnesium: 55.66mg (13.92%), Copper: 0.23mg (11.51%), Folate: 45.84µg (11.46%), Iron: 1.95mg (10.81%), Vitamin B2: 0.18mg (10.35%), Vitamin B1: 0.15mg (10.02%), Vitamin B5: 0.85mg (8.54%), Calcium: 55.73mg (5.57%), Zinc: 0.8mg (5.31%), Vitamin B12: 0.1µg (1.68%)