



WHATSheATE



Salsa Arroz con Pollo



Vegetarian



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



1110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 1 cup corn frozen
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 14.5 oz canned tomatoes diced with green chilies, undrained salsa-style canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon salt
- ☐ 3 lb irish oats whole skinless

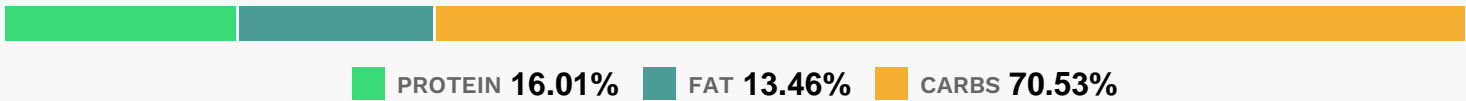
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In ungreased 13x9-inch (3-quart) glass baking dish, mix rice, corn, broth, tomatoes and beans.
- ☐ In heavy-duty resealable food-storage plastic bag, mix flour, chili powder, cumin and salt.
- ☐ Add chicken, 2 pieces at a time; seal bag and shake until chicken is evenly coated. Arrange chicken, meaty sides up, on rice mixture.
- ☐ Cover with foil.
- ☐ Bake 1 hour 15 minutes. Uncover; bake 10 to 15 minutes longer or until liquid is absorbed and juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:88.01, Inflammation Score:-5, Nutrition Score:17.015652106508%

Nutrients (% of daily need)

Calories: 1110.39kcal (55.52%), Fat: 16.85g (25.93%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 198.68g (66.23%), Net Carbohydrates: 166.75g (60.64%), Sugar: 2g (2.22%), Cholesterol: 1.37mg (0.46%), Sodium: 735.82mg (31.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.1g (90.19%), Fiber: 31.93g (127.71%), Iron: 12.23mg (67.92%), Manganese: 0.67mg (33.28%), Calcium: 175.25mg (17.53%), Folate: 69.15µg (17.29%), Phosphorus: 157.57mg (15.76%), Vitamin B1: 0.23mg (15.04%), Copper: 0.29mg (14.29%), Potassium: 489.27mg

(13.98%), Vitamin B2: 0.22mg (13.22%), Magnesium: 51.47mg (12.87%), Vitamin C: 10.28mg (12.46%), Vitamin B3: 2.3mg (11.5%), Vitamin B6: 0.22mg (11.21%), Selenium: 7.49µg (10.7%), Zinc: 1.1mg (7.36%), Vitamin B5: 0.63mg (6.3%), Vitamin E: 0.66mg (4.41%), Vitamin A: 186.41IU (3.73%), Vitamin K: 2.39µg (2.28%)