



 **12%**
HEALTH SCORE

So Easy Arroz Con Pollo (Spanish Chicken and Rice)

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

READY IN



37 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

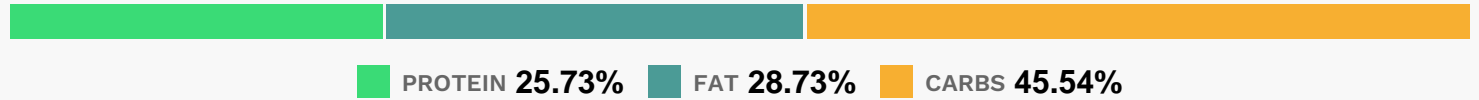
- 2 garlic clove minced
- 0.5 cup onion chopped
- 0.3 cup peas frozen thawed
- 0.3 cup pimiento stuffed olives green sliced
- 6 ounce rice yellow
- 0.8 lb chicken breast boneless skinless cut into 1 inch cubes
- 1 medium tomatoes chopped

2 tablespoons vegetable oil

1.8 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:21.8, Inflammation Score:-5, Nutrition Score:15.286956521739%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 354.15kcal (17.71%), Fat: 11.14g (17.14%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 37.38g (13.59%), Sugar: 2.47g (2.74%), Cholesterol: 54.43mg (18.14%), Sodium: 284.65mg (12.38%), Protein: 22.44g (44.89%), Vitamin B3: 10.05mg (50.23%), Selenium: 34.27µg (48.95%), Vitamin B6: 0.8mg (39.89%), Manganese: 0.61mg (30.54%), Phosphorus: 256.48mg (25.65%), Vitamin K: 18.41µg (17.53%), Vitamin B5: 1.72mg (17.19%), Vitamin C: 12.01mg (14.56%), Potassium: 505.88mg (14.45%), Magnesium: 44.76mg (11.19%), Copper: 0.2mg (9.91%), Vitamin B1: 0.14mg (9.49%), Fiber: 2.35g (9.41%), Vitamin E: 1.38mg (9.2%), Vitamin A: 418.85IU (8.38%), Zinc: 1.23mg (8.17%), Vitamin B2: 0.14mg (7.97%), Folate: 23.45µg (5.86%), Iron: 1.04mg (5.78%), Calcium: 38.53mg (3.85%), Vitamin B12: 0.17µg (2.83%)