



## Spanish Chicken and Rice with Saffron Cream

READY IN



65 min.

SERVINGS



8

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups rice long-grain white hot cooked
- ☐ 2 ounces chorizo diced spanish
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 1 tablespoon olive oil extra virgin extra-virgin divided
- ☐ 1 cup peas green frozen thawed

- ☐ 16 pimiento stuffed olives green chopped
- ☐ 1 large bell pepper red chopped
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 1.5 pounds chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup tomato paste
- ☐ 1 cup onion white chopped

## Equipment

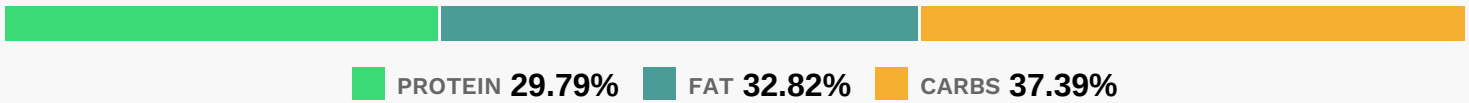
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 37
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add half of chicken; cook 4 minutes, turning to brown on all sides.
- ☐ Remove chicken from pan; place in a large bowl. Repeat procedure with 1 teaspoon oil and remaining chicken.
- ☐ Add to bowl.
- ☐ Place remaining 1 teaspoon oil, onion, and chorizo in pan; cook 10 minutes or until onion is tender and golden, stirring occasionally.
- ☐ Add garlic and bell pepper; cook 2 minutes, stirring frequently.
- ☐ Add chorizo mixture, cooked rice, peas, and olives to chicken; toss to combine.

- ☐
- Combine milk and next 5 ingredients (through black pepper) in a medium saucepan over medium heat; stir well with a whisk. Cook, stirring constantly, until mixture comes to a boil; cook 1 minute or until thick and bubbly.
- ☐
- Remove pan from heat; stir in sour cream.
- ☐
- Add sour cream mixture to chicken mixture, stirring to combine. Spoon the chicken mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Cover with aluminum foil coated with cooking spray.
- ☐
- Bake at 375 for 15 minutes. Uncover and bake an additional 10 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:61.54, Glycemic Load:21.03, Inflammation Score:-8, Nutrition Score:16.988260932591%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 11.24g (17.29%), Saturated Fat: 3.53g (22.06%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 26.06g (9.48%), Sugar: 6.39g (7.1%), Cholesterol: 94.42mg (31.47%), Sodium: 437.82mg (19.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.89%), Vitamin C: 37.41mg (45.34%), Selenium: 26.93µg (38.47%), Vitamin B6: 0.61mg (30.42%), Vitamin B3: 6.03mg (30.16%), Phosphorus: 274.76mg (27.48%), Manganese: 0.5mg (24.77%), Vitamin A: 1088.27IU (21.77%), Vitamin B2: 0.33mg (19.24%), Vitamin B5: 1.58mg (15.81%), Zinc: 2.22mg (14.82%), Potassium: 515.05mg (14.72%), Vitamin B1: 0.2mg (13.36%), Vitamin B12: 0.8µg (13.32%), Magnesium: 48.16mg (12.04%), Fiber: 2.74g (10.95%), Vitamin K: 10.51µg (10.01%), Vitamin E: 1.49mg (9.93%), Iron: 1.76mg (9.78%), Calcium: 97.42mg (9.74%), Folate: 37.69µg (9.42%), Copper: 0.18mg (9.18%)