



Spanish Rice with Chicken, Olives and Chickpea Tomato Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon adobo seasoning
- 14 ounce garbanzo beans drained and rinsed canned
- 14 ounce canned tomatoes whole canned
- 1 cup cilantro leaves fresh divided chopped finely chopped finely
- 5 teaspoons garlic clove minced
- 1 pinch granulated sugar
- 1.8 cup bell pepper green finely chopped

- 1 cup olive green
- 8 ounces ground sausage italian sliced into 1/ pieces
- 4 servings pepper black freshly ground
- 2 cups rice long grain
- 3 cups chicken stock low sodium homemade store-bought
- 6 tablespoons olive oil divided
- 2 cups onion finely chopped
- 1 tablespoon oregano dried divided
- 0.5 teaspoon saffron threads
- 3 pound chicken whole (or)

Equipment

- frying pan
- sauce pan
- pot
- dutch oven

Directions

- In large Dutch oven or 12-inch straight sided skillet, heat 1 tablespoon oil over medium heat until shimmering. Brown sausage pieces on both sides, about 4 minutes.
- Transfer to plate.
- Season chicken with salt and pepper and place skin side down in pot. Cook until both sides are well browned, 6 to 8 minutes total.
- Transfer to plate.
- Add 2 tablespoons oil, onion, bell pepper, teaspoon salt, and 1/2 teaspoon black pepper to pot. Cook until vegetables have softened and are beginning to brown, about 10 minutes. Stir in garlic, 2 teaspoons oregano, and cilantro stems. Cook until fragrant, about 1 minute.
- Stir in one tablespoon oil, rice, adobo (if using), and saffron threads. Cook, stirring, for one minute. Stir in olives, 1/2 cup cilantro leaves, sausage, and chicken broth. Tuck chicken pieces into rice and bring to simmer. Cover and reduce heat to low. Simmer until rice is tender and

chicken is cooked through, about 25 minutes.

In small saucepan, heat puréed tomatoes, garbanzo beans, remaining tablespoon oil, remaining teaspoon oregano, pinch sugar, and pinch salt over medium heat to simmer. Stir in remaining 1/2 cup cilantro leaves, season to taste, and serve on the side to spoon over rice.

Nutrition Facts

PROTEIN 17.25% **FAT 49.12%** **CARBS 33.63%**

Properties

Glycemic Index:112.15, Glycemic Load:52.72, Inflammation Score:-10, Nutrition Score:45.759130799252%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg, Quercetin: 19.86mg

Nutrients (% of daily need)

Calories: 1325.44kcal (66.27%), Fat: 72.7g (111.84%), Saturated Fat: 17.83g (111.47%), Carbohydrates: 111.97g (37.32%), Net Carbohydrates: 100.12g (36.41%), Sugar: 10.24g (11.37%), Cholesterol: 165.56mg (55.19%), Sodium: 1528.67mg (66.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.46g (114.91%), Manganese: 2.41mg (120.6%), Vitamin B3: 18.82mg (94.08%), Vitamin B6: 1.86mg (93%), Vitamin C: 73.6mg (89.22%), Selenium: 55.64µg (79.48%), Phosphorus: 641.55mg (64.15%), Fiber: 11.85g (47.4%), Vitamin B1: 0.69mg (45.85%), Copper: 0.9mg (44.96%), Vitamin E: 6.74mg (44.91%), Vitamin K: 46.46µg (44.25%), Potassium: 1451.66mg (41.48%), Iron: 7.08mg (39.34%), Zinc: 5.65mg (37.65%), Vitamin B5: 3.52mg (35.2%), Magnesium: 136.49mg (34.12%), Vitamin B2: 0.52mg (30.4%), Vitamin A: 1124.39IU (22.49%), Folate: 88.11µg (22.03%), Calcium: 202.77mg (20.28%), Vitamin B12: 1.2µg (19.99%), Vitamin D: 0.33µg (2.18%)