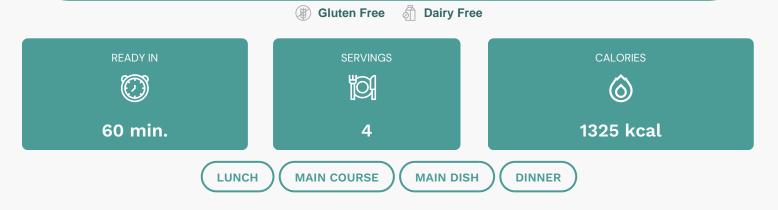


Spanish Rice with Chicken, Olives and Chickpea Tomato Sauce



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 finel	ly
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)
Eq	juipment
	frying pan
	sauce pan
	pot
	dutch oven
Di	rections
	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

Nutrition Easts
remaining 1/2 cup cilantro leaves, season to taste, and serve on the side to spoon over rice.
remaining teaspoon oregano, pinch sugar, and pinch salt over medium heat to simmer. Stir in
In small saucepan, heat puréed tomatoes, garbanzo beans, remaining tablespoon oil,
chicken is cooked through, about 25 minutes.

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, Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 0.01mg, Isorham

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: Og (100%), Alcohol %: O% (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%)