



Spanish-Style Chicken With Rice And Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 tablespoons capers drained
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons parsley fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 16 ounce pepper stir-fry frozen (such as Birds Eye)

- ☐ 1 cup rice uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned
- ☐ 1 cup water

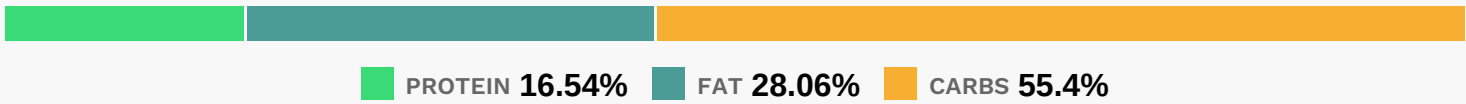
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over mediumhigh heat.
- ☐ Sprinkle chicken with salt and pepper; add chicken to pan. Cook 2 to 3 minutes on each side or until browned.
- ☐ Add pepper stir-fry and next 5 ingredients; stir well. Bring to a boil; cover, reduce heat, and simmer 22 minutes or until liquid is almost absorbed. Stir in capers and parsley. Cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:70.05, Glycemic Load:38.56, Inflammation Score:-9, Nutrition Score:44.700870005981%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 792.52kcal (39.63%), Fat: 26.69g (41.05%), Saturated Fat: 7.28g (45.5%), Carbohydrates: 118.54g (39.51%), Net Carbohydrates: 87.03g (31.65%), Sugar: 5.63g (6.25%), Cholesterol: 111.13mg (37.04%), Sodium: 655.11mg (28.48%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 35.38g (70.76%), Manganese: 15.25mg (762.27%), Vitamin K: 229.93µg (218.98%), Fiber: 31.51g (126.02%), Copper: 1.89mg (94.4%), Iron: 13.8mg (76.66%), Magnesium: 253.95mg (63.49%), Potassium: 2131.34mg (60.9%), Calcium: 569.63mg (56.96%), Selenium: 34.46µg (49.22%), Vitamin B6: 0.97mg (48.38%), Phosphorus: 451.77mg (45.18%), Vitamin B3: 8.65mg (43.23%), Vitamin B5: 3.52mg (35.19%), Vitamin B2: 0.44mg (26.03%), Zinc: 3.63mg (24.19%), Vitamin A: 1105.45IU (22.11%), Vitamin E: 3.31mg (22.06%), Vitamin B1: 0.32mg (21.34%), Vitamin C: 12.29mg (14.9%), Vitamin B12: 0.73µg (12.1%), Folate: 44.08µg (11.02%)