



Spanish-Style Chicken with Saffron Rice (Arroz con Pollo)

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves (not California)
- 14 oz canned tomatoes diced canned
- 3.5 lb chicken cut into 8 serving pieces
- 1.8 cups chicken broth
- 1.3 cups wine dry white
- 1 leaf flat parsley fresh chopped
- 4 garlic clove minced

- 1 tablespoon olive oil
- 1 large onion chopped
- 2 teaspoons paprika
- 1 cup peas frozen thawed (not)
- 0.5 cup pimiento stuffed olives green coarsely chopped
- 1 large bell pepper red cut into 1/2-inch pieces
- 0.8 teaspoon saffron threads crumbled
- 2 cups rice long-grain white

Equipment

- frying pan
- tongs

Directions

- Pat chicken dry and season with salt and pepper.
- Heat oil in a 12-inch heavy skillet (at least 2 inches deep) over moderately high heat until hot but not smoking, then brown chicken on all sides, about 12 minutes total.
- Transfer chicken with tongs to a plate.
- Pour off all but 2 tablespoons fat from skillet and add onion, bell pepper, and salt to taste. Cook over moderate heat, stirring, until softened, about 7 minutes.
- Add garlic, paprika, and rice, then cook, stirring, 1 minute.
- Add wine and boil, uncovered, 2 minutes. Stir in tomatoes with juice, chicken broth, saffron, and bay leaf. Nestle chicken in rice, adding any juices from plate.
- Cook, covered, over low heat until chicken is cooked through, rice is tender, and most of liquid is absorbed, about 15 minutes.
- Remove from heat and stir in peas, olives, and salt and pepper to taste. Cover skillet and let stand 10 minutes. Discard bay leaf.

Nutrition Facts



■ PROTEIN 21.05% ■ FAT 36.1% ■ CARBS 42.85%

Properties

Glycemic Index:91.13, Glycemic Load:49.84, Inflammation Score:-10, Nutrition Score:37.952173896458%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 964.59kcal (48.23%), Fat: 36.33g (55.89%), Saturated Fat: 9.35g (58.42%), Carbohydrates: 97.01g (32.34%), Net Carbohydrates: 89.38g (32.5%), Sugar: 11.23g (12.48%), Cholesterol: 144.94mg (48.31%), Sodium: 923.78mg (40.16%), Alcohol: 7.72g (100%), Alcohol %: 1.4% (100%), Protein: 47.67g (95.34%), Vitamin C: 83.24mg (100.89%), Vitamin B3: 17.32mg (86.62%), Manganese: 1.68mg (83.8%), Vitamin B6: 1.3mg (64.75%), Selenium: 44.01µg (62.87%), Vitamin A: 2625.71IU (52.51%), Phosphorus: 505.1mg (50.51%), Vitamin B5: 3.25mg (32.52%), Potassium: 1102.42mg (31.5%), Zinc: 4.64mg (30.92%), Copper: 0.62mg (30.86%), Fiber: 7.64g (30.55%), Vitamin B2: 0.51mg (29.85%), Iron: 5.2mg (28.89%), Magnesium: 114.82mg (28.71%), Vitamin B1: 0.43mg (28.51%), Vitamin E: 4.1mg (27.33%), Vitamin K: 26.96µg (25.67%), Folate: 83.56µg (20.89%), Calcium: 129.12mg (12.91%), Vitamin B12: 0.61µg (10.19%), Vitamin D: 0.38µg (2.54%)