

# Chicken with Saffron Rice

Yield: 7 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-saffron-chicken-and-rice-recipe>

## Ingredients:

- 3 1/2 pounds chicken thighs and drumsticks
- salt to taste, plus 1 1/4 tsp.
- ground black pepper Freshly, to taste
- 2 tablespoons olive oil
- 1 yellow onion finely diced
- 1 red bell pepper seeded and finely diced
- 1/4 teaspoon saffron crumbled
- 1/4 teaspoon red pepper flakes
- 5 garlic cloves minced
- 1/2 cup dry sherry
- 2 1/4 cups chicken broth
- juices
- 14 1/2 ounces diced tomatoes
- 3 cups medium grain rice
- 1/2 cup green olives pitted and halved
- 1 tablespoon fresh flat leaf parsley minced

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 190 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 10 grams
8. Sodium: 570 milligrams
9. Sugar: 6 grams

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