

Turkish Rice Pilaf With Chicken and Chick Peas

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chicken-pilaf-turkish>

Ingredients:

- 1/2 whole chicken with skin
- 1 carrot
- 1 onion
- 12 ounces chickpeas
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 1/2 cups short grain rice
- 2 cups chicken broth
- 1 cup water
- 2 teaspoons salt
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 140 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 50 grams
7. SaturatedFat: 6 grams
8. Sodium: 1670 milligrams
9. Sugar: 2 grams

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