



Chicken and Chorizo Paella

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz canned tomatoes diced drained canned
- ☐ 4 ounces chorizo sausage cut cooked cut into 1/4-inch-thick rounds
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic finely chopped
- ☐ 3.5 cups chicken broth low-sodium
- ☐ 1 medium onion finely chopped
- ☐ 1 cup peas frozen
- ☐ 1.5 cups rice long-grain

- ☐ 6 servings salt
- ☐ 1.3 pounds chicken breast boneless skinless cut into 2-inch chunks
- ☐ 2 tablespoons vegetable oil

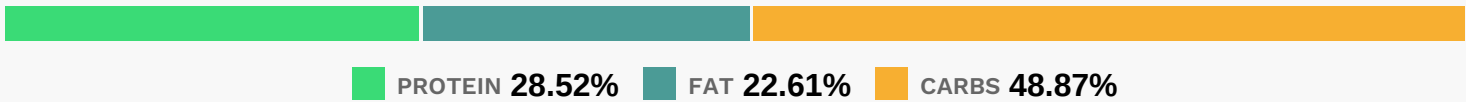
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and dredge in flour. Warm 1 Tbsp. oil in a large, deep nonstick skillet over medium-high heat. Cook chicken until browned on all sides, about 6 minutes total.
- ☐ Transfer to a plate.
- ☐ Heat remaining oil in skillet and add onion and garlic. Cook, stirring, until softened, about 3 minutes.
- ☐ Add chorizo and cook until lightly browned, about 2 minutes. Stir in rice, broth, tomatoes and 1/2 tsp. salt. Bring to a boil, add chicken, cover, reduce heat to low and cook until rice is tender and chicken is cooked through, 10 to 12 minutes.
- ☐ Remove from heat, stir in peas, cover and let stand until peas are heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:27.99, Inflammation Score:-6, Nutrition Score:21.583477989487%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 439.15kcal (21.96%), Fat: 10.96g (16.86%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 49.49g (18%), Sugar: 5.52g (6.14%), Cholesterol: 73.81mg (24.6%), Sodium: 442.98mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin B3: 14.19mg (70.95%), Selenium: 40.08µg

(57.26%), Vitamin B6: 0.98mg (49.06%), Manganese: 0.82mg (41.13%), Phosphorus: 354.19mg (35.42%), Vitamin C: 22.42mg (27.17%), Potassium: 824.24mg (23.55%), Vitamin B5: 2.09mg (20.89%), Copper: 0.39mg (19.37%), Vitamin K: 18.43µg (17.55%), Vitamin B1: 0.26mg (17.44%), Magnesium: 62.89mg (15.72%), Iron: 2.79mg (15.51%), Vitamin B2: 0.26mg (15.23%), Fiber: 3.8g (15.19%), Zinc: 1.76mg (11.74%), Folate: 45.45µg (11.36%), Vitamin E: 1.53mg (10.17%), Vitamin A: 461.3IU (9.23%), Calcium: 64.06mg (6.41%), Vitamin B12: 0.33µg (5.44%)