



Chicken and Seafood Paella

 **Gluten Free**  **Dairy Free**

READY IN



165 min.

SERVINGS



6

CALORIES



1097 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups arborio rice
- 2 tablespoons pepper black freshly ground
- 4 tablespoons canola oil divided
- 1 cup carrots roughly chopped
- 1 cup celery roughly chopped
- 1 pound chorizo mexican style
- 6 clams
- 3 tablespoons garlic minced

- 2 ham hocks
- 6 mussels
- 2 cups onion diced divided
- 1 cup bell peppers diced red
- 0.3 cup roma tomatoes for garnish
- 1 tablespoon saffron threads dissolved in 1 cup warm water for 3 minutes
- 2 tablespoons salt
- 0.5 cup scallions diced for garnish
- 6 scallops
- 2 cups seafood stock
- 6 chicken thighs skinless
- 1 cup white wine

Equipment

- frying pan
- pot

Directions

- In a large stock pot over high heat add 2 tablespoons oil.
- Add the chicken thighs and ham hocks and brown thighs on both sides.
- Remove chicken to a plate, leaving the ham hocks in the pot.
- Add to pot 1 cup of onions, celery, carrots and garlic and cook for 5 to 7 minutes. Deglaze with white wine and reduce by half. Next add the seafood stock, saffron and 2 quarts of water and let simmer for 2 hours or until reduced by half. When stock is finished simmering, strain and hold stock on low heat.
- In a large saute pan or paella pan add the remaining 2 tablespoons oil, chorizo, red bell pepper and the remaining 1 cup onion, cook until the onions are translucent, but do not brown.
- Add rice, salt and pepper to pan and saute until all grains of rice are coated with oil of the pan. Form rice around the pan so it is level, next add 1 cup of broth at a time to the rice; do not stir the rice. When rice is al dente, or 3/4 of the way of being fully cooked, add chicken

thighs, shrimp, scallops, mussels, and clams. Bury the seafood items in the rice so they will cook.

- Add final cup of broth and cover entire pan tightly with another pan or lid.
- Let sit off heat for 10 to 15 minutes or until seafood is cooked.
- Garnish with scallions and Roma tomatoes

Nutrition Facts

PROTEIN 24.08% **FAT 39.82%** **CARBS 36.1%**

Properties

Glycemic Index:90.31, Glycemic Load:66.09, Inflammation Score:-10, Nutrition Score:40.161304059236%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg, Quercetin: 12.03mg

Nutrients (% of daily need)

Calories: 1097.17kcal (54.86%), Fat: 46.19g (71.06%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 94.21g (31.4%), Net Carbohydrates: 88.17g (32.06%), Sugar: 5.5g (6.12%), Cholesterol: 222.88mg (74.29%), Sodium: 2948.14mg (128.18%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 62.85g (125.71%), Manganese: 1.98mg (98.77%), Vitamin A: 4916.57IU (98.33%), Folate: 284.36µg (71.09%), Selenium: 48.59µg (69.41%), Vitamin B3: 12.55mg (62.76%), Vitamin C: 42.6mg (51.64%), Vitamin B1: 0.76mg (50.5%), Iron: 8.99mg (49.94%), Vitamin B6: 0.97mg (48.36%), Phosphorus: 457.24mg (45.72%), Vitamin K: 40.82µg (38.87%), Vitamin B12: 2.23µg (37.21%), Vitamin B5: 3.05mg (30.48%), Potassium: 1054.5mg (30.13%), Fiber: 6.03g (24.13%), Zinc: 3.58mg (23.86%), Vitamin B2: 0.37mg (21.97%), Copper: 0.42mg (21.16%), Magnesium: 81.11mg (20.28%), Vitamin E: 2.73mg (18.2%), Calcium: 109.02mg (10.9%)