



Chicken-and-Seafood Paella

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

READY IN



50 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arborio rice spanish
- 0.3 teaspoon pepper black
- 4 chicken breast halves skinless halved
- 2 cups chicken broth
- 6 ounces chorizo
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon kosher salt

- 1 lb mussels cleaned
- 0.3 cup olive oil
- 3 plum tomatoes cored seeded chopped
- 1 small onion red finely chopped
- 0.5 teaspoon saffron threads crumbled finely
- 1.3 lb shrimp shelled deveined
- 1 tablespoon paprika sweet hot
- 2 bell pepper yellow finely chopped

Equipment

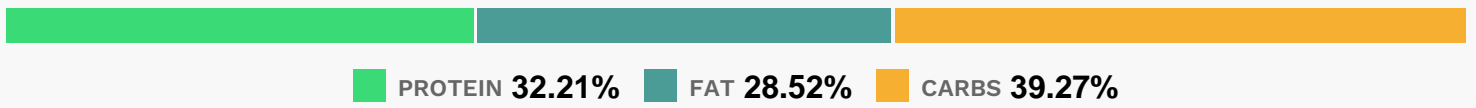
- bowl
- frying pan
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 425F. In a small saucepan, bring chicken broth to a boil over high heat.
- Add saffron, reduce heat, cover and keep barely at a simmer while you proceed.
- In a deep, 12-inch ovenproof skillet, heat oil over medium heat.
- Add chorizo and cook, stirring, for 1 minute.
- Transfer chorizo to a bowl and set aside. Increase heat to medium-high, add chicken, in batches if necessary, and cook, turning, until golden brown but not thoroughly cooked, about 7 minutes.
- Add chicken to chorizo.
- Put yellow peppers, onion, garlic, salt and pepper in skillet and cook over medium heat, stirring, until peppers are softened, about 3 minutes. Stir in paprika.
- Add half of tomatoes and half of parsley and cook, stirring, for 1 minute.
- Add rice and stir to coat well.

- Pour in warm broth and bring to a boil. Boil for 3 minutes, stirring occasionally, until rice is no longer soupy but there is enough liquid to continue to cook rice. Return chicken and chorizo to skillet.
- Add remaining tomatoes and top with mussels.
- Transfer skillet to oven and cook until rice is almost al dente, about 10 minutes. Stir or tuck in shrimps, and cook for 5 minutes longer.
- Remove skillet from oven, cover tightly with foil, and let stand for 15 minutes or until rice is fully cooked.
- Sprinkle remaining parsley on top, and serve dish hot.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:32.48, Inflammation Score:-8, Nutrition Score:29.56391269746%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 474.62kcal (23.73%), Fat: 14.8g (22.77%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 43.27g (15.74%), Sugar: 1.56g (1.73%), Cholesterol: 172.83mg (57.61%), Sodium: 600.84mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Manganese: 1.68mg (83.96%), Vitamin C: 64.53mg (78.21%), Vitamin B12: 3.59µg (59.91%), Selenium: 39.14µg (55.92%), Vitamin B3: 9.08mg (45.39%), Phosphorus: 398.94mg (39.89%), Folate: 147.06µg (36.76%), Vitamin K: 37.66µg (35.87%), Vitamin B6: 0.64mg (31.91%), Vitamin B1: 0.41mg (27.11%), Iron: 4.87mg (27.08%), Copper: 0.5mg (24.83%), Potassium: 709.89mg (20.28%), Vitamin A: 983.14IU (19.66%), Magnesium: 71.73mg (17.93%), Vitamin B5: 1.72mg (17.21%), Zinc: 2.51mg (16.75%), Vitamin B2: 0.2mg (12.06%), Vitamin E: 1.66mg (11.07%), Fiber: 2.58g (10.32%), Calcium: 74.7mg (7.47%)