



 **27%**  
HEALTH SCORE

## Dutch Oven Paella

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb shrimp deveined peeled ()
- 6 servings salt and pepper
- 6 servings olive oil extra virgin
- 8 garlic clove minced
- 1 lb chicken thighs boneless skinless trimmed
- 8 oz chorizo sausage cut spanish sliced
- 1 bell pepper red seeded cut into 1/2 inch wide strips
- 1 onion chopped fine

- 14.5 oz canned tomatoes diced drained finely chopped canned
- 2 c arborio rice
- 2 c arborio rice
- 3 c chicken broth low-sodium
- 0.3 c wine dry white
- 0.5 t saffron threads crumbled
- 1 bay leaves
- 0.8 c artichoke hearts frozen thawed
- 0.5 c peas frozen thawed
- 1 leaf flat parsely fresh chopped
- 6 servings lemon wedges

## Equipment

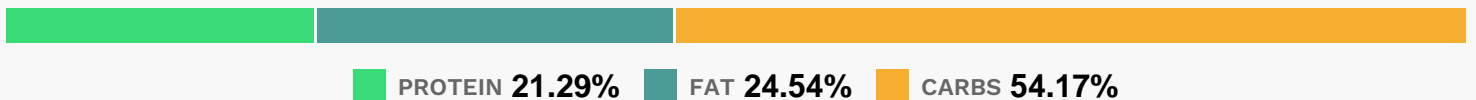
- bowl
- oven
- pot
- stove
- dutch oven

## Directions

- Adjust oven rack to lower middle position and heat oven to 35
- In a med bowl, toss shrimp with 1 t. minced garlic, 1 T. olive oil, 1/4 t. salt & 1/4 t. pepper. Refrigerate until needed. Season chicken with salt & pepper, set aside.
- Heat 2 t. oil in a large Dutch oven over med-high heat until oil shimmers, add bell pepper and cook, stirring occasionally until skins blister and brown about 3-4 minutes.
- Remove to a plate and set aside.
- Add 1 T. more oil to the pot, add chicken thighs and brown well, flipping once, about 3 minutes per side.
- Remove chicken to a bowl, reduce heat to medium, add sausage and cook 4-5 minutes, stirring frequently, until browned and fat starts to render.

- Add to bowl with the browned chicken.
- At medium heat, add enough oil to the pot to equal 2 T., add onion and cook, stirring frequently, until tender, about 3 minutes, add remaining garlic, cook for 1 minute, add tomatoes, cook and stir until tomatoes thicken and darken slightly about 3 minutes.
- Add rice, cook and stir for about 2 minutes, making sure everything is evenly mixed.
- Add broth, wine, saffron, bay leaf and 1/2 t. salt.
- Add the browned chicken and sausage. Increase heat to med-high, bring to a boil, stirring often. Cover pot and place in the oven.
- Bake for 15 minutes (liquid should be mostly absorbed).
- Remove pot from the oven (keep oven door closed to retain heat), remove the lid, nestle the artichoke hearts down in the rice a bit.
- Sprinkle the shrimp over the top of the rice, then, sprinkle with the peas and bell pepper strips. Replace the lid, add back to the oven for another 10 minutes or until the shrimp are opaque.
- Turn stove burner to med-high heat.
- Remove the pot from the oven, place on the stove cook for 5 minutes to get the browned portion on the bottom of the rice (called Soccarat), rotating the pot 180 degrees halfway through to ensure even browning.
- Remove pot from heat and let the paella rest, covered, for 5 minutes.
- Sprinkle with fresh chopped parsley and lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:90.47, Glycemic Load:86.53, Inflammation Score:-9, Nutrition Score:37.646086956522%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg,

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## Taste

Sweetness: 20.34%, Saltiness: 100%, Sourness: 24.89%, Bitterness: 21.64%, Savoriness: 66.69%, Fattiness: 65.61%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 908.46kcal (45.42%), Fat: 24.32g (37.42%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 120.79g (40.26%), Net Carbohydrates: 113.07g (41.12%), Sugar: 5.66g (6.28%), Cholesterol: 220.2mg (73.4%), Sodium: 497.24mg (21.62%), Alcohol: 1.37g (7.63%), Protein: 47.46g (94.93%), Folate: 378.14µg (94.54%), Manganese: 1.81mg (90.72%), Vitamin B3: 12.93mg (64.65%), Vitamin B1: 0.95mg (63.38%), Vitamin C: 48.14mg (58.35%), Selenium: 38.61µg (55.15%), Phosphorus: 536.82mg (53.68%), Iron: 8.84mg (49.13%), Copper: 0.86mg (43.24%), Vitamin B6: 0.86mg (43.07%), Fiber: 7.73g (30.91%), Vitamin B5: 3mg (30%), Zinc: 4.32mg (28.82%), Potassium: 988.15mg (28.23%), Magnesium: 108.22mg (27.05%), Vitamin A: 1117.17IU (22.34%), Vitamin E: 3.35mg (22.31%), Vitamin B2: 0.36mg (20.88%), Vitamin K: 18.41µg (17.54%), Calcium: 118.37mg (11.84%), Vitamin B12: 0.6µg (10.03%)