



WHATSheATE

Easy Lobster Paella



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups rice white



1 teaspoon pepper black freshly ground



5 cups chicken stock see good homemade



0.3 cup licorice-flavored liqueur recommended: Pernod



1 tablespoon flat-leaf parsley leaves fresh minced



4 cloves garlic minced



1 pound kielbasa sliced



1 tablespoon kosher salt

- ☐ 2 lemons cut into wedges
- ☐ 1.5 pounds live maine lobsters cooked
- ☐ 0.3 cup olive oil good
- ☐ 10 ounce peas frozen
- ☐ 2 bell peppers red cored sliced into 1/2-inch strips
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 1.5 cups onion yellow chopped 2 onions

Equipment

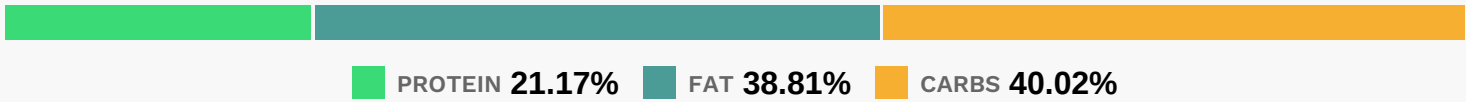
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Heat the oil in a large ovenproof Dutch oven.
- ☐ Add the onions and cook over medium-low heat for 5 minutes, stirring occasionally.
- ☐ Add the bell peppers and cook over medium heat for 5 more minutes. Lower the heat, add the garlic, and cook for 1 minute longer. Stir in the rice, chicken stock, saffron, red pepper flakes, salt, and pepper and bring to a boil. Cover the pot and place it in the oven. After 15 minutes, stir the rice gently with a wooden spoon, and return it to the over to bake uncovered for 10 to 15 more minutes, until the rice is fully cooked.
- ☐ Transfer the paella back to the stove top and add the licorice-flavored liqueur. Cook the paella over medium heat for 1 minute, until the liqueur is absorbed by the rice. Turn off the heat and add the lobster, kielbasa, and peas and stir gently. Cover the paella, and allow it to steam for 10 minutes.

Sprinkle with the parsley, garnish with lemon wedges, and serve hot.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:34, Inflammation Score:-9, Nutrition Score:39.410434888757%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 834.73kcal (41.74%), Fat: 34.9g (53.7%), Saturated Fat: 10.12g (63.25%), Carbohydrates: 80.98g (26.99%), Net Carbohydrates: 74.79g (27.2%), Sugar: 16.34g (18.16%), Cholesterol: 202.93mg (67.64%), Sodium: 2603.4mg (113.19%), Alcohol: 2.85g (100%), Alcohol %: 0.56% (100%), Protein: 42.83g (85.65%), Selenium: 100.77µg (143.96%), Vitamin C: 94.39mg (114.41%), Copper: 1.97mg (98.67%), Manganese: 1.16mg (57.79%), Vitamin B3: 10.05mg (50.24%), Phosphorus: 493.25mg (49.32%), Zinc: 7.23mg (48.2%), Vitamin B1: 0.7mg (46.69%), Vitamin B6: 0.79mg (39.25%), Vitamin B12: 2.16µg (35.97%), Vitamin A: 1705.59IU (34.11%), Vitamin K: 31.3µg (29.81%), Vitamin B5: 2.92mg (29.21%), Potassium: 1012.19mg (28.92%), Magnesium: 105.9mg (26.48%), Vitamin B2: 0.45mg (26.25%), Fiber: 6.19g (24.77%), Folate: 89.46µg (22.37%), Vitamin E: 3.2mg (21.35%), Iron: 3.65mg (20.25%), Calcium: 167.85mg (16.79%)