



Paella

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

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound chicken parts boneless cut into 2-inch pieces
- ☐ 1 quart chicken stock see
- ☐ 0.5 pound chorizo sausage
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon flat-leaf parsley leaves fresh minced
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 3 cloves garlic with the side of a knife blade, and minced crushed

- ☐ 1 tablespoon grapeseed oil
- ☐ 1 pound mussels scrubbed
- ☐ 1 tablespoon paprika
- ☐ 1 pinch saffron threads
- ☐ 1 teaspoon salt
- ☐ 0.5 pound shrimp deveined peeled (21 to 25 size)
- ☐ 1 large onion diced white
- ☐ 2 cups rice white

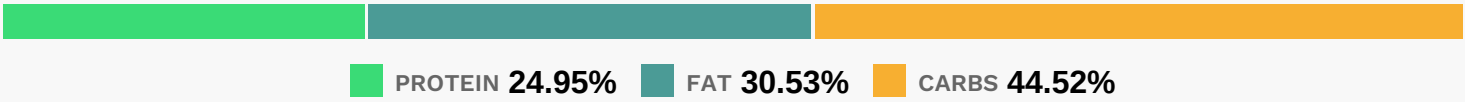
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Add the saffron to 1/2 cup warm water and let it sit for 10 minutes to allow it to "bloom."
- ☐ Heat the grapeseed oil over medium-high heat in an 8 quart saute pan, brown the chorizo on all sides and remove to a utility platter. Brown the chicken pieces and remove to the same platter.
- ☐ Add the onion to the pan and saute until translucent, then add the garlic and gently cook until softened, monitoring to make sure it doesn't burn.
- ☐ Add the white wine and allow most of it to evaporate. Stir in the paprika, parsley, 1/2 cup of bloomed saffron, and chicken stock, and bring to a gentle boil. Return the chorizo and chicken to the pan. Stir in the rice, salt and pepper and reduce heat to medium. Cook uncovered without stirring for about 20 minutes, then add the mussels and cover.
- ☐ Let cook until the mussels open, about 7 minutes, then remove them to a utility platter.
- ☐ Add the shrimp to the pot, cover, and cook until they turn pink and opaque, about 5 minutes, then remove the shrimp to a utility platter.
- ☐ Spoon the paella into a large bowl and sprinkle with fresh cilantro. Arrange the shrimp and mussels on top.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:23.45, Inflammation Score:-7, Nutrition Score:18.869565310686%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 441.31kcal (22.07%), Fat: 13.94g (21.44%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 44.42g (16.15%), Sugar: 3.12g (3.47%), Cholesterol: 106.21mg (35.4%), Sodium: 609.45mg (26.5%), Alcohol: 3.09g (100%), Alcohol %: 1.14% (100%), Protein: 25.62g (51.24%), Manganese: 1.62mg (80.82%), Vitamin B12: 3.59µg (59.83%), Selenium: 28.44µg (40.63%), Vitamin B3: 5.86mg (29.29%), Phosphorus: 275.49mg (27.55%), Vitamin B6: 0.37mg (18.46%), Copper: 0.34mg (17.2%), Iron: 2.94mg (16.35%), Vitamin A: 754.67IU (15.09%), Vitamin B2: 0.25mg (14.9%), Zinc: 2.15mg (14.31%), Potassium: 497.98mg (14.23%), Vitamin C: 10.86mg (13.16%), Magnesium: 51.09mg (12.77%), Vitamin K: 11.76µg (11.2%), Vitamin B1: 0.16mg (10.62%), Vitamin B5: 1.04mg (10.36%), Vitamin E: 1.14mg (7.61%), Folate: 29.5µg (7.37%), Calcium: 64.94mg (6.49%), Fiber: 1.31g (5.25%)