



Paella Burgers

 Dairy Free

READY IN



42 min.

SERVINGS



6

CALORIES



937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup freshly made bread crumbs
- ☐ 1 eggs beaten
- ☐ 1 garlic clove pressed finely chopped
- ☐ 1.5 pounds ground chicken dark white (both and meat)
- ☐ 0.7 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin (recommended: Colavita)
- ☐ 2 tablespoons olive oil extra-virgin (recommended: Colavita)

- ☐ 0.3 cup wine (recommended: Sutter Home)
- ☐ 2 tablespoons wine (recommended: Sutter Home)
- ☐ 12 large shrimp raw deveined peeled ()
- ☐ 12 slices bell pepper red
- ☐ 0.3 cup bell pepper sweet red chopped
- ☐ 0.1 teaspoon saffron threads
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 8 ounces chorizo spanish
- ☐ 6 sourdough rolls split
- ☐ 6 large tomatoes
- ☐ 6 servings vegetable oil for brushing on the grill rack
- ☐ 0.5 cup onion yellow finely chopped
- ☐ 6 slices onion yellow thin

Equipment

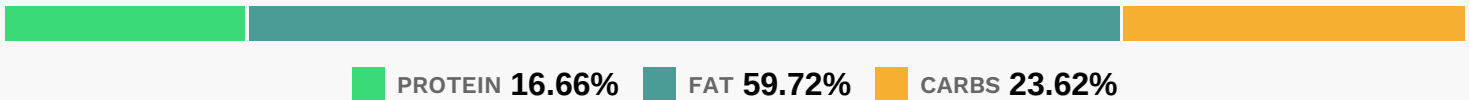
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare a medium fire in a charcoal grill with a cover, or preheat a gas grill to medium.
- ☐ Combine the oil and garlic in a small, fire-proof saucepan on the grill and cook for 1 minute.
- ☐ Add the wine and saffron and heat, stirring occasionally and using the back of a spoon to crush the saffron and help release the color, until the mixture is reduced and thickened, about 10 minutes.
- ☐ Transfer to a small bowl and set aside to cool.

- ☐ When the saffron mixture is cool, add the mayonnaise and stir to blend. Cover and chill until ready to use.
- ☐ Slice the chorizo and pulse in a food processor to chop.
- ☐ Transfer to a large bowl.
- ☐ Add the oil, garlic, wine, saffron threads, onion, sweet pepper, salt, black pepper, bread crumbs, and egg and mix well. Coarsely chop the shrimp and add to chorizo mixture.
- ☐ Add the ground chicken and mix gently. Shape into 6 patties to fit the rolls.
- ☐ Put the onion and pepper slices on a baking sheet or platter and brush with the oil.
- ☐ Sprinkle with the salt and pepper.
- ☐ When the grill is ready, rub the grill rack with oil.
- ☐ Place the patties on the grill and cook for 6 minutes per side, until cooked through, being careful not to overcook. Grill the onion and pepper slices until crisp-tender and showing grill marks, about 1 minute per side for the peppers and 3 minutes per side for the onion. While they are cooking, toast the rolls.
- ☐ Spread the toasted sides of the rolls with the mayonnaise.
- ☐ Place a patty on the roll bottoms, then add the grilled onion and red peppers, dividing evenly. Top with the tomato slices and the roll tops.

Nutrition Facts



Properties

Glycemic Index:73.17, Glycemic Load:26.32, Inflammation Score:-10, Nutrition Score:36.168695885202%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 936.98kcal (46.85%), Fat: 61.81g (95.09%), Saturated Fat: 12.49g (78.07%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 48.73g (17.72%), Sugar: 14.92g (16.58%), Cholesterol: 184.08mg (61.36%), Sodium:

1203.25mg (52.32%), Alcohol: 1.58g (100%), Alcohol %: 0.35% (100%), Protein: 38.81g (77.61%), Vitamin C: 249.35mg (302.24%), Vitamin A: 6408.17IU (128.16%), Vitamin K: 83.82µg (79.83%), Iron: 13.98mg (77.65%), Vitamin B6: 1.25mg (62.63%), Vitamin B3: 9.34mg (46.69%), Vitamin E: 6.78mg (45.21%), Phosphorus: 350.01mg (35%), Potassium: 1155.83mg (33.02%), Selenium: 22.98µg (32.83%), Vitamin B2: 0.53mg (30.92%), Folate: 116.03µg (29.01%), Fiber: 6.28g (25.14%), Vitamin B1: 0.35mg (23.09%), Vitamin B5: 2.17mg (21.7%), Manganese: 0.41mg (20.52%), Zinc: 2.7mg (18%), Vitamin B12: 0.98µg (16.39%), Magnesium: 62.03mg (15.51%), Copper: 0.2mg (10.25%), Calcium: 70.51mg (7.05%), Vitamin D: 0.22µg (1.44%)