



Paella Cubana

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon annatto seed paste (achiote)
- ☐ 4 chicken thighs bone-in
- ☐ 2 tablespoons butter
- ☐ 28 ounce chicken broth canned
- ☐ 0.3 pound chorizo sausage
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green seeded chopped

- ☐ 1 pound mussels fresh scrubbed
- ☐ 3 tablespoons olive oil divided
- ☐ 1 onion chopped
- ☐ 7.5 ounce dozens oysters smoked drained canned
- ☐ 1 cup peas frozen english thawed
- ☐ 1 bell pepper red seeded chopped
- ☐ 0.5 cup red wine
- ☐ 1.8 cups valencia rice
- ☐ 1 teaspoon salt
- ☐ 1 pound sea scallops
- ☐ 1 shallots minced
- ☐ 1.5 pounds shrimp deveined peeled

Equipment

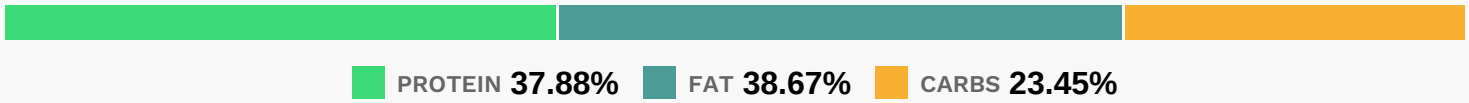
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Remove casings from chorizo, and slice.
- ☐ Heat 2 tablespoons oil in a large Dutch oven over medium heat.
- ☐ Add chorizo, and cook 5 minutes or until browned, stirring often.
- ☐ Remove chorizo; drain on paper towels.
- ☐ Add chicken to pan, and cook 5 minutes on each side or until browned.
- ☐ Remove skin and bones, coarsely chop chicken, and set aside.
- ☐ Add onion and bell peppers to pan; cook, scraping bits from bottom of pan, 7 minutes or until vegetables are tender.
- ☐ Add garlic, and cook, stirring constantly, 1 minute.

- ☐ Add broth and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 25 minutes or just until rice is tender.
- ☐ Meanwhile, heat remaining tablespoon oil in a large skillet over medium-high heat until hot.
- ☐ Add scallops, and cook 3 minutes on each side or until browned.
- ☐ Remove from pan; set aside and keep warm.
- ☐ Add shrimp, and cook 3 minutes, stirring frequently, until shrimp turn pink.
- ☐ Remove from pan; set aside and keep warm. Melt butter in skillet, add shallot, and cook 2 minutes, stirring often.
- ☐ Add white wine, scraping bits from bottom of pan.
- ☐ Add mussels; cover and cook 2 minutes or until mussels are open, discarding any that do not open.
- ☐ Gently stir reserved chicken, scallops, shrimp, oysters, and peas into rice. Top with mussels, pouring the cooking liquid over rice.

Nutrition Facts



Properties

Glycemic Index:36.45, Glycemic Load:17.24, Inflammation Score:-7, Nutrition Score:26.883478276108%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.67mg, Malvidin: 1.67mg, Malvidin: 1.67mg, Malvidin: 1.67mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 618.72kcal (30.94%), Fat: 25.46g (39.16%), Saturated Fat: 7.63g (47.69%), Carbohydrates: 34.72g (11.57%),
Net Carbohydrates: 32.74g (11.9%), Sugar: 2.48g (2.76%), Cholesterol: 238.11mg (79.37%), Sodium: 1009.55mg
(43.89%), Alcohol: 2.1g (100%), Alcohol %: 0.66% (100%), Protein: 56.11g (112.22%), Vitamin B12: 4.77µg (79.5%),
Selenium: 47.44µg (67.77%), Manganese: 1.33mg (66.71%), Phosphorus: 626.82mg (62.68%), Vitamin C: 35.8mg
(43.4%), Zinc: 5.88mg (39.23%), Vitamin B3: 6.35mg (31.77%), Vitamin B6: 0.58mg (28.86%), Copper: 0.55mg
(27.29%), Magnesium: 87.75mg (21.94%), Potassium: 758.14mg (21.66%), Iron: 3.82mg (21.2%), Vitamin A: 880.19IU
(17.6%), Vitamin B2: 0.27mg (15.99%), Vitamin B5: 1.23mg (12.34%), Vitamin B1: 0.17mg (11.15%), Folate: 42.37µg
(10.59%), Vitamin K: 11.06µg (10.53%), Vitamin E: 1.48mg (9.87%), Calcium: 93.89mg (9.39%), Fiber: 1.99g (7.94%)