



food
network

Paella Espania



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound calamari cleaned cut in rings squid
- ☐ 12 servings frying chicken cut in 12 pieces
- ☐ 2 chorizo sausage cut spanish
- ☐ 2 garlic cloves crushed
- ☐ 1 pound shrimp
- ☐ 12 servings lemon wedges
- ☐ 2 lobster tail pieces split
- ☐ 12 mussels cleaned

- ☐ 0.3 cup olive oil
- ☐ 0.5 onion diced spanish
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup peas sweet frozen thawed
- ☐ 12 servings pimientos cut in strips
- ☐ 2 cups rice medium grain spanish
- ☐ 2 teaspoons saffron threads
- ☐ 12 servings salt and pepper black to taste
- ☐ 6 cups warm stock
- ☐ 1 pinch paprika sweet
- ☐ 2 tomatoes ripe peeled seeded finely chopped

Equipment

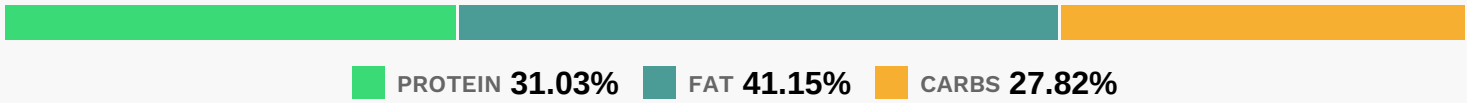
- ☐ frying pan

Directions

- ☐ Rinse the chicken pieces and pat dry. Season all over with salt, black pepper, and oregano.
- ☐ Heat the oil in a paella pan or wide skillet. Brown the chicken on all sides, when nearly cooked through, add the chorizo links and brown.
- ☐ Remove the chicken and sausage from the pan.
- ☐ Cut the sausages into slices and set aside.
- ☐ Drain out excess oil but don't clean the pan. Make a sofrito by sauteing the garlic, onion, and tomatoes, cook until the mixture caramelizes a bit and the flavors meld. Season with salt, black pepper, and paprika.
- ☐ Add the rice, stirring to coat the grains. Steep the saffron in 1/4-cup hot water for 5 minutes then stir it into the rice.
- ☐ Add the stock/water and simmer for 10 minutes, gently moving the pan around so the rice cooks and absorbs evenly. Do not cover or constantly stir like risotto.
- ☐ Add the shellfish and the reserved chicken and sausage. Simmer, without stirring, until the rice is al dente and the mussels have opened. (Do not eat any mussels that do not.)

- ☐
- Scatter the peas on top and continue to cook until the liquid is absorbed. The ideal paella has a toasted rice bottom called socarrat. Allow to rest off the heat for 5 minutes before serving.
- ☐
- Garnish with lemon wedges and strips of pimento.

Nutrition Facts



Properties

Glycemic Index:39.74, Glycemic Load:26.14, Inflammation Score:-8, Nutrition Score:24.32913043188%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 539.82kcal (26.99%), Fat: 24.17g (37.18%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.83g (12.67%), Sugar: 2.15g (2.39%), Cholesterol: 257.02mg (85.67%), Sodium: 871.84mg (37.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.02%), Selenium: 49.1µg (70.14%), Copper: 1.18mg (58.79%), Vitamin B3: 10.4mg (52.02%), Phosphorus: 408.87mg (40.89%), Manganese: 0.82mg (40.85%), Vitamin B12: 1.94µg (32.31%), Folate: 112.49µg (28.12%), Vitamin B6: 0.53mg (26.44%), Zinc: 3.58mg (23.85%), Vitamin B1: 0.34mg (22.57%), Iron: 3.91mg (21.75%), Vitamin B2: 0.34mg (20%), Vitamin B5: 1.92mg (19.16%), Vitamin C: 14.32mg (17.35%), Magnesium: 68.88mg (17.22%), Vitamin A: 794.9IU (15.9%), Potassium: 554.68mg (15.85%), Vitamin E: 1.75mg (11.65%), Vitamin K: 8.69µg (8.28%), Fiber: 1.93g (7.74%), Calcium: 72.43mg (7.24%), Vitamin D: 0.22µg (1.45%)