




 **20%**
HEALTH SCORE

Paella for Four; A Wonderful Spanish Mixed Seafood Stew


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

READY IN




45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

Ingredients

- 1 T bell pepper
- 1 T bell pepper
- 2 t oregano dried
- 1 pinch kosher salt
- 1 pinch pepper black freshly ground
- 8 pieces chicken wings
- 12 small littleneck clams

- 6 oz chorizo sausage cut cut into ¼ inch rounds
- 8 large shrimp
- 0.3 C olive oil extra virgin
- 1 onion diced white
- 4 large cloves garlic diced
- 0.3 C flat parsley italian chopped
- 1 tomatoes whole crushed drained chopped
- 1 C short grain rice spanish canned (we used La Bomba but Arborio can be substituted)
- 2 C water hot
- 1 pinch saffron threads
- 4 servings salt and pepper to taste
- 4 oz peas green shelled for garnish
- 4 lemon wedges for serving

Equipment

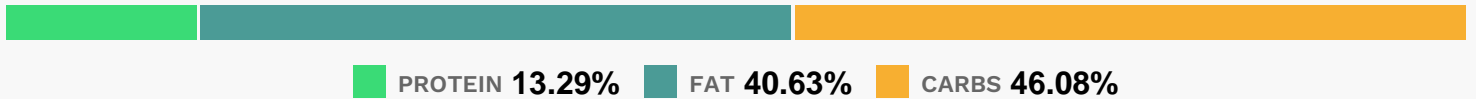
- frying pan

Directions

- Use a 12 inch All-Clad stainless steel pan or equivalent. A paella pan is not necessary.
- Mix the Spice
- Mix and rub on the chicken and refrigerate for 1 hour.
- Let the chicken warm up for 30 minutes before cooking.
- Heat half of the oil in the pan to medium high heat and brown the sausage rounds, then reserve.
- Add the remaining oil and chicken and brown on all sides, then reserve.
- Reduce the heat to medium and add the onions, garlic and parsley to start the sofrito. Cook for 2 to 3 minutes then add the crushed and drained tomatoes and cook for about 3 minutes while flavors meld. This base sauce is the sofrito.
- Add the rice and stir to mix thoroughly to coat all the rice; about 2 more minutes.

- Add back the sausage and chicken.
- Pour in the hot water, bring to a gentle simmer and cook for about 5 minutes, stirring occasionally to mix and place the pieces.
- Place the clams where you want them in the finished dish and don't stir anymore. Cook for 5 minutes.
- Place the shrimp tails up where you want them to appear in the finished dish.
- Cook for about 10 minutes or until the clams are open, the shrimp are pink and the rice is fluffy and moist but not dry.
- With a fork, feel the bottom of the dish. If it has formed a slight crust, called socarrat, it's ready to be served. If the socarrat has not formed, turn the heat up for 30 to 45 seconds while the crust forms. Then serve immediately.

Nutrition Facts



Properties

Glycemic Index:119.21, Glycemic Load:34.01, Inflammation Score:-9, Nutrition Score:20.214782608696%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Taste

Sweetness: 58.15%, Saltiness: 99.54%, Sourness: 84.34%, Bitterness: 85.79%, Savoriness: 58.36%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 446.07kcal (22.3%), Fat: 20.15g (30.99%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 51.4g (17.13%), Net Carbohydrates: 46.37g (16.86%), Sugar: 4.33g (4.81%), Cholesterol: 64.96mg (21.65%), Sodium: 245.58mg (10.68%), Protein: 14.83g (29.66%), Vitamin K: 85.12µg (81.07%), Vitamin C: 46.76mg (56.68%), Manganese: 0.83mg (41.73%), Folate: 156.11µg (39.03%), Vitamin B1: 0.4mg (26.94%), Vitamin A: 1184.18IU (23.68%), Iron: 4.15mg

(23.05%), Fiber: 5.03g (20.12%), Vitamin E: 2.48mg (16.54%), Phosphorus: 159.19mg (15.92%), Vitamin B3: 3.17mg (15.86%), Copper: 0.31mg (15.6%), Selenium: 10.3µg (14.71%), Vitamin B6: 0.28mg (13.83%), Magnesium: 43.43mg (10.86%), Potassium: 357.5mg (10.21%), Zinc: 1.45mg (9.67%), Vitamin B5: 0.85mg (8.46%), Vitamin B12: 0.46µg (7.73%), Calcium: 75.1mg (7.51%), Vitamin B2: 0.1mg (5.73%)