



food
network

Paella in Quince

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 envelope a pinch of threads
- ☐ 2.5 cups chicken stock see
- ☐ 0.5 pound chorizo pre-cooked cut into bite-size dice
- ☐ 2 cups couscous
- ☐ 1 handful flat-leaf parsley generous chopped
- ☐ 1 bay leaf fresh
- ☐ 4 garlic cloves grated finely chopped
- ☐ 4 servings hot sauce

- ☐ 1 lemon zest cut into wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 cup peas green frozen
- ☐ 2 piquillo peppers red chopped
- ☐ 0.8 pound tenderloins diced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper black
- ☐ 1 pound shrimp deveined peeled
- ☐ 4 to 5 thyme sprigs fresh
- ☐ 1 teaspoon turmeric eyeball it in your palm

Equipment

- ☐ frying pan

Directions

- ☐ Heat the extra-virgin olive oil in a deep skillet over medium-high to high heat – make sure to choose a pan with a tight fitting lid.
- ☐ Add the chorizo and render some of its fat, 1 to 2 minutes then add the chicken and brown, 2 to 3 minutes.
- ☐ Add the onions, garlic, red pepper flakes, bay, thyme and shrimp, season with salt and black pepper, and cook 3 to 4 minutes more.
- ☐ Add the stock and stir in the turmeric and saffron. Bring the stock to a boil, about 1 minute, then stir in the couscous, peas, lemon zest and piquillo peppers. Cover and turn off the heat.
- ☐ Let stand for 5 minutes then fluff with a fork.
- ☐ Remove the bay and thyme stems before serving. Top each serving of paella with some chopped parsley, hot sauce and juice from the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:69.08, Glycemic Load:43.04, Inflammation Score:-10, Nutrition Score:29.853913154291%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 907.6kcal (45.38%), Fat: 32.15g (49.47%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 83.01g (27.67%), Net Carbohydrates: 75.33g (27.39%), Sugar: 5.73g (6.36%), Cholesterol: 276.94mg (92.31%), Sodium: 915.77mg (39.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.57g (135.13%), Vitamin B3: 15.27mg (76.32%), Phosphorus: 668.27mg (66.83%), Manganese: 1.05mg (52.69%), Vitamin B6: 1.01mg (50.5%), Selenium: 31.89µg (45.56%), Copper: 0.88mg (44.15%), Vitamin C: 32.48mg (39.37%), Vitamin K: 34.48µg (32.84%), Potassium: 1114.79mg (31.85%), Magnesium: 127.07mg (31.77%), Fiber: 7.68g (30.71%), Iron: 4.63mg (25.72%), Vitamin B1: 0.37mg (24.78%), Vitamin B5: 2.4mg (23.99%), Zinc: 3.57mg (23.82%), Vitamin B2: 0.35mg (20.87%), Vitamin A: 815.18IU (16.3%), Folate: 62.53µg (15.63%), Vitamin E: 2.33mg (15.52%), Calcium: 140.2mg (14.02%), Vitamin B12: 0.17µg (2.83%)