



Paella on the Grill

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth (from 32-ounce carton)
- 0.5 cup sherry vinegar
- 0.5 teaspoon salt
- 0.3 teaspoon curry powder
- 0.3 teaspoon turmeric crushed
- 2 cloves garlic finely chopped
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 1 pound shells uncooked

- 0.5 pound chorizo sausage cut cut into 1-inch pieces
- 8 plum tomatoes cut into fourths (Roma)
- 14 ounces artichoke hearts drained cut in half canned
- 1 cup greek olives pitted
- 1 serving rice hot cooked

Equipment

- grill
- ziploc bags

Directions

- Mix all Saffron Marinade ingredients. In glass or plastic dish or resealable food-storage plastic bag, place all Paella ingredients except rice.
- Pour marinade over mixture; stir to coat. Cover dish or seal bag and refrigerate 1 hour.
- Heat coals or gas grill for direct heat.
- Remove chicken mixture from marinade; reserve marinade.
- Place chicken mixture in grill basket.
- Cover and grill chicken mixture 4 inches from medium heat 20 to 25 minutes, stirring and brushing with marinade occasionally, until chicken is no longer pink in center. Discard any remaining marinade.
- Serve chicken mixture with rice.

Nutrition Facts



PROTEIN 25.1% **FAT 21.16%** **CARBS 53.74%**

Properties

Glycemic Index:38.17, Glycemic Load:27.62, Inflammation Score:-9, Nutrition Score:20.889130467954%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg,

Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 515.68kcal (25.78%), Fat: 11.8g (18.16%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 62.15g (22.6%), Sugar: 5.01g (5.57%), Cholesterol: 75.83mg (25.28%), Sodium: 1033.05mg (44.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.5g (63%), Selenium: 73.48µg (104.97%), Vitamin B3: 9.87mg (49.34%), Manganese: 0.92mg (45.77%), Vitamin B6: 0.77mg (38.69%), Phosphorus: 333.24mg (33.32%), Vitamin C: 19.53mg (23.68%), Fiber: 5.29g (21.17%), Vitamin A: 991.89IU (19.84%), Potassium: 680.54mg (19.44%), Magnesium: 74.69mg (18.67%), Copper: 0.34mg (16.8%), Vitamin B5: 1.54mg (15.43%), Iron: 2.23mg (12.38%), Zinc: 1.77mg (11.81%), Vitamin B1: 0.16mg (11%), Vitamin E: 1.57mg (10.49%), Vitamin B2: 0.16mg (9.68%), Folate: 30.29µg (7.57%), Vitamin K: 7.18µg (6.84%), Calcium: 53.8mg (5.38%), Vitamin B12: 0.16µg (2.65%)