



Paella on the Grill

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounces artichoke hearts drained cut in half canned
- 1 cup chicken broth (from 32-ounce carton)
- 0.5 pound chorizo sausage cut cut into 1-inch pieces
- 6 servings rice hot cooked
- 0.3 teaspoon curry powder
- 2 cloves garlic finely chopped
- 1 cup greek olives pitted
- 0.3 teaspoon turmeric crushed

- 8 plum tomatoes cut into fourths (Roma)
- 0.5 teaspoon salt
- 1 pound shells uncooked
- 0.5 cup sherry vinegar
- 1 pound chicken breast boneless skinless cut into 1-inch pieces

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 22.75% **FAT 18.44%** **CARBS 58.81%**

Properties

Glycemic Index:38.17, Glycemic Load:47.55, Inflammation Score:-9, Nutrition Score:22.492173961971%

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: 601.27kcal (30.06%), Fat: 11.99g (18.44%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 85.99g (28.66%), Net Carbohydrates: 80.44g (29.25%), Sugar: 5.05g (5.61%), Cholesterol: 75.83mg (25.28%), Sodium: 1033.71mg (44.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.54%), Selenium: 78.41µg (112.02%), Manganese: 1.23mg (61.31%), Vitamin B3: 10.13mg (50.65%), Vitamin B6: 0.83mg (41.75%), Phosphorus: 361.55mg (36.16%), Vitamin C: 19.53mg (23.68%), Fiber: 5.55g (22.22%), Magnesium: 82.59mg (20.65%), Potassium: 703.58mg (20.1%), Vitamin A: 991.89IU (19.84%), Copper: 0.38mg (19.07%), Vitamin B5: 1.8mg (17.99%), Zinc: 2.09mg (13.96%), Iron: 2.36mg (13.12%), Vitamin B1: 0.18mg (11.87%), Vitamin E: 1.6mg (10.66%), Vitamin B2: 0.17mg (10.19%), Folate: 32.27µg (8.07%), Vitamin K: 7.18µg (6.84%), Calcium: 60.39mg (6.04%), Vitamin B12: 0.16µg (2.65%)