



## Paella 'Puerto Rico

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

READY IN



145 min.

SERVINGS



8

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black
- 1 pound chicken parts boneless cut into 2-inch pieces
- 6 cups chicken stock see
- 0.5 pound chorizo sausage
- 1 cup cooking wine dry white
- 0.3 cup cilantro leaves fresh minced
- 1 tablespoon flat-leaf parsley fresh minced
- 5 cloves garlic with the side of a knife blade, and minced crushed

- 2 tablespoons grapeseed oil
- 1 pound mussels scrubbed
- 3 pound octopus legs cleaned
- 1 tablespoon paprika
- 1 large pinch saffron threads
- 1 teaspoon salt
- 8 servings salt and pepper black freshly ground
- 0.5 pound shrimp deveined peeled (21-25 size)
- 0.5 cup warm water
- 1 large onion diced white
- 3 cups rice white

## Equipment

- frying pan
- pot

## Directions

- Brush 1 tablespoon of the oil on the octopus (reserving the rest), season with salt and pepper, and add to a pot with enough water to cover. Simmer until the octopus is cooked through, about 20 minutes.
- Remove octopus to a utility plate to drain and set aside until cool enough to handle.
- Remove the octopus head and legs, split in half, then slice and dice small.
- Add the saffron to 1/2 cup warm water and let it sit for 10 minutes to allow it to "bloom."
- Heat the remaining grapeseed oil over medium high heat in a 16 inch paella pan. Brown the chorizo on all sides and remove to a utility platter. Brown the chicken pieces and remove to the same platter.
- Add the onion to the pan and saute until translucent, then add the garlic and gently cook until softened, monitoring to make sure it doesn't burn.
- Add the white wine and allow most of it to evaporate. Stir in the paprika, parsley, cup of bloomed saffron, and chicken stock, and bring to a gentle boil. Return the chorizo and chicken

to the pan, and add the octopus. Stir in the rice, salt and pepper and reduce heat to medium. Cook uncovered without stirring for about 20 minutes, then add the mussels and cover.

- Let cook until the mussels open, about 7 minutes, then remove them to a utility platter.
- Add the shrimp to the pot, cover, and cook until they turn pink and opaque, about 5 minutes, then remove the shrimp to a utility platter.
- Serve in the pan and sprinkle with fresh cilantro. Arrange the shrimp and mussels on top.

## Nutrition Facts

**PROTEIN 32.68%** **FAT 24.88%** **CARBS 42.44%**

### Properties

Glycemic Index:56.27, Glycemic Load:34.66, Inflammation Score:-8, Nutrition Score:37.935651996861%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

### Nutrients (% of daily need)

Calories: 704.25kcal (35.21%), Fat: 18.35g (28.24%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 70.45g (23.48%), Net Carbohydrates: 68.8g (25.02%), Sugar: 4.13g (4.59%), Cholesterol: 189.7mg (63.23%), Sodium: 1090.95mg (47.43%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 54.25g (108.49%), Vitamin B12: 37.61µg (626.82%), Selenium: 109.61µg (156.58%), Manganese: 1.94mg (96.79%), Iron: 12.3mg (68.31%), Phosphorus: 636.43mg (63.64%), Copper: 1.17mg (58.71%), Vitamin B3: 10.78mg (53.9%), Vitamin B6: 1.07mg (53.34%), Zinc: 5.35mg (35.69%), Potassium: 1189.04mg (33.97%), Magnesium: 110.88mg (27.72%), Vitamin E: 3.73mg (24.88%), Vitamin C: 19.72mg (23.91%), Vitamin B2: 0.39mg (22.71%), Vitamin B5: 2.13mg (21.27%), Vitamin A: 1012.29IU (20.25%), Vitamin B1: 0.25mg (16.65%), Calcium: 165.66mg (16.57%), Folate: 61.69µg (15.42%), Vitamin K: 12.25µg (11.67%), Fiber: 1.65g (6.61%)