



Paella Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces chorizo dried firm sliced quartered thin
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 3.5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 cup orzo pasta

- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon red-pepper flakes dried
- ☐ 1.3 teaspoons salt
- ☐ 1 pound chicken breasts boneless skinless cut into 1/2-inch cubes (3)
- ☐ 1 tomatoes diced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large frying pan, heat 1 1/2 tablespoons of the oil over moderately low heat.
- ☐ Add the onion, bell pepper, and 1/4 teaspoon of the salt. Cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Increase the heat to moderately high.
- ☐ Add the chorizo and cook, stirring occasionally, for 2 minutes. Stir in the red-pepper flakes, paprika, chicken, 1/2 teaspoon of the salt, and the black pepper and cook, stirring frequently, until the chicken is almost done, about 3 minutes. Cover the pan and remove from the heat. Steam the chicken for 2 minutes.
- ☐ Transfer the mixture to a large glass or stainless-steel bowl to cool.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the orzo until done, about 12 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ Add the drained orzo to the chicken mixture. Toss with the lemon juice, the remaining 2 tablespoons oil and 1/2 teaspoon salt, the tomato, and the parsley.
- ☐ Wine Recommendation: Paella's Iberian roots lead us to Spain for a red Ribera del Duero. The name, literally translated as the "slopes along the Duero River," describes an area that is now the source of some of Spain's greatest red wines. Ribera del Duero's wild-cherry, herb, and spice flavors will be superb with this salad.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:12.33, Inflammation Score:-9, Nutrition Score:26.288261226986%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 527.1kcal (26.35%), Fat: 25.93g (39.89%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 31.49g (11.45%), Sugar: 4g (4.45%), Cholesterol: 99.15mg (33.05%), Sodium: 871.39mg (37.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.98g (73.95%), Vitamin K: 136.12µg (129.64%), Selenium: 60.2µg (86.01%), Vitamin B3: 12.99mg (64.97%), Vitamin C: 44.41mg (53.83%), Vitamin B6: 1.05mg (52.54%), Phosphorus: 337.41mg (33.74%), Vitamin A: 1468.93IU (29.38%), Manganese: 0.51mg (25.43%), Potassium: 733.33mg (20.95%), Vitamin B5: 1.92mg (19.23%), Vitamin E: 2.56mg (17.1%), Magnesium: 63.97mg (15.99%), Iron: 2.65mg (14.75%), Fiber: 3.06g (12.25%), Vitamin B1: 0.16mg (10.51%), Copper: 0.21mg (10.35%), Vitamin B2: 0.17mg (10.21%), Zinc: 1.44mg (9.59%), Folate: 37.3µg (9.32%), Calcium: 39.4mg (3.94%), Vitamin B12: 0.23µg (3.78%)