



Paella Valencia

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



1212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound arborio rice
- 1 bay leaf
- 10 ounces bluefish
- 4 ounces butter
- 12 ounces calamari
- 8 ounces grilled chorizo
- 18 clams
- 10 ounces cod

- 1 cup fish stock
- 1 tablespoon garlic minced
- 3 teaspoons garlic minced
- 1 teaspoon ginger minced
- 2 ounces grapeseed oil
- 2 tablespoons grapeseed oil
- 1 strip lemon zest strip
- 24 mussels
- 1 cup onions diced spanish finely
- 1 cup onions spanish thinly sliced
- 1 tablespoon paprika
- 6 ounces peas
- 1 roasted pepper red
- 2 roasted peppers red
- 1 tablespoon saffron threads
- 1 tablespoon salt
- 6 servings salt and pepper black freshly ground
- 8 ounces scallops
- 9.6 shrimp
- 10 ounces chicken thigh boneless skinless
- 6 servings water
- 1 cup white wine
- 3 cups white wine
- 8 ounces white wine
- 6 ounces tomatoes whole peeled

Equipment

- frying pan
- sauce pan

oven

pot

Directions

- To make Paella Valencia: Preheat oven to 475 degrees F. In a cold saute pan, add oil, clams, chorizo and chicken. Cover and place on high heat until clams pop, add garlic, remaining seafood and vegetables. Deglaze with white wine.
- Add rice and paella base, bring to a boil and place in preheated oven for 15 to 17 minutes to cook and reduce.
- Heat butter in saucepan over medium-high heat. When light brown and foamy add onions and saute until translucent.
- Add rice, bay leaf and lemon and cook, continuously stirring for 5 minutes to color.
- Add salt and white wine, bring to a boil and continue stirring. Gradually add water, 1 cup at a time while stirring, until rice yields a creamy porridge yet very "al dente" consistency.
- Heat oil in a stock pot, when just smoking, add garlic and ginger. Toast lightly, add onions and cook for 15 minutes until translucent.
- Add saffron and paprika and cook 5 minutes more, add wine, tomatoes and juice, salt, roasted peppers and stock. Bring to a boil, reduce to a simmer and cook 30 minutes, season and reserve.

Nutrition Facts



PROTEIN 23.5% **FAT 45.23%** **CARBS 31.27%**

Properties

Glycemic Index:118.72, Glycemic Load:51.43, Inflammation Score:-10, Nutrition Score:48.787391413813%

Flavonoids

Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Myricetin: 0.09mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 1211.51kcal (60.58%), Fat: 53.04g (81.6%), Saturated Fat: 18.35g (114.71%), Carbohydrates: 82.52g (27.51%), Net Carbohydrates: 76.85g (27.95%), Sugar: 6.65g (7.39%), Cholesterol: 331.06mg (110.35%), Sodium: 2127.21mg (92.49%), Alcohol: 20.37g (100%), Alcohol %: 2.46% (100%), Protein: 62g (124%), Vitamin B12: 8.78µg (146.38%), Selenium: 101.97µg (145.66%), Manganese: 2.6mg (129.94%), Copper: 1.62mg (80.94%), Phosphorus: 780.72mg (78.07%), Vitamin B3: 14.14mg (70.69%), Folate: 242.25µg (60.56%), Vitamin B1: 0.76mg (50.4%), Iron: 8.91mg (49.52%), Vitamin B6: 0.98mg (49.19%), Vitamin E: 6.93mg (46.18%), Vitamin B2: 0.78mg (45.8%), Vitamin C: 34.5mg (41.82%), Potassium: 1362.22mg (38.92%), Magnesium: 146.46mg (36.61%), Vitamin A: 1710.65IU (34.21%), Zinc: 4.86mg (32.39%), Vitamin D: 4.77µg (31.81%), Vitamin B5: 2.51mg (25.06%), Fiber: 5.67g (22.68%), Calcium: 153.07mg (15.31%), Vitamin K: 12.54µg (11.95%)