



## Paella Valencia

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup arborio rice
- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon capers drained
- 2 ounces chorizo sausage cut spanish thinly sliced
- 14 ounce fat-skimmed beef broth fat-free canned
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic clove minced
- 0.8 pound mussels scrubbed

- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 cup peas green frozen
- 2.5 tablespoons roasted peppers red chopped
- 0.3 teaspoon saffron threads crushed
- 0.8 teaspoon salt divided
- 0.8 pound shrimp deveined peeled
- 4 ounce chicken thighs boneless skinless quartered
- 0.5 cup tomatoes chopped
- 0.3 cup water
- 0.7 cup wine

## Equipment

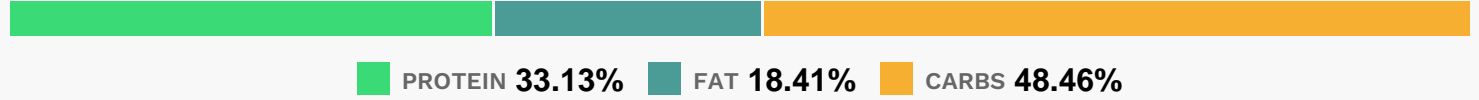
- bowl
- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle shrimp with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- Add shrimp to pan; saut 4 minutes or until shrimp are done.
- Place shrimp in a medium bowl.
- Add chorizo to pan, and cook for 1 minute or until browned.
- Add chorizo to bowl.
- Sprinkle chicken with 1/4 teaspoon salt and remaining 1/8 teaspoon black pepper.
- Add chicken to pan, and cook for 2 minutes on each side or until browned.
- Add onion and garlic to pan; cook 2 minutes or until tender, stirring frequently. Stir in the tomato, capers, and saffron; cook 1 minute.
- Add remaining 1/4 teaspoon salt, rice, wine, and broth to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender.

- Add shrimp mixture, peas, 1/4 cup water, and mussels to pan. Cover and cook 8 minutes over medium heat or until mussels open; discard any unopened shells.
- Remove from heat, and stir in bell pepper and cilantro.
- Let stand 3 minutes.

## Nutrition Facts



### Properties

Glycemic Index:70.06, Glycemic Load:22.8, Inflammation Score:-7, Nutrition Score:18.976521512736%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

### Nutrients (% of daily need)

Calories: 301.86kcal (15.09%), Fat: 5.71g (8.79%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 31.42g (11.42%), Sugar: 2.52g (2.8%), Cholesterol: 124mg (41.33%), Sodium: 854.43mg (37.15%), Alcohol: 2.75g (100%), Alcohol %: 1.11% (100%), Protein: 23.12g (46.25%), Manganese: 1.54mg (76.81%), Vitamin B12: 3.72µg (62.05%), Selenium: 24.35µg (34.78%), Phosphorus: 285.02mg (28.5%), Folate: 107.05µg (26.76%), Vitamin B1: 0.31mg (20.77%), Iron: 3.66mg (20.31%), Copper: 0.4mg (20.14%), Vitamin C: 15.96mg (19.35%), Vitamin B3: 3.7mg (18.5%), Zinc: 2.17mg (14.49%), Magnesium: 54.83mg (13.71%), Vitamin B6: 0.27mg (13.54%), Potassium: 467.98mg (13.37%), Vitamin B5: 0.96mg (9.62%), Fiber: 2.4g (9.59%), Vitamin B2: 0.16mg (9.37%), Calcium: 70.59mg (7.06%), Vitamin A: 338.31IU (6.77%), Vitamin K: 7.08µg (6.74%), Vitamin E: 0.63mg (4.23%)