



Paella with Seafood, Chicken, and Chorizo

READY IN



120 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes whole drained canned
- ☐ 2 chicken legs
- ☐ 2 chicken thighs
- ☐ 1 chorizo sausage spanish
- ☐ 1 leaf flat parsley leaves fresh for garnish
- ☐ 4 garlic cloves crushed
- ☐ 4 jumbo shrimp with heads and tails on peeled
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings lemon wedges for serving

- ☐ 6 littleneck clams scrubbed
- ☐ 2 lobster tail pieces split
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion diced spanish
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup peas sweet frozen thawed
- ☐ 1 cup rice medium grain spanish
- ☐ 1 teaspoon saffron threads
- ☐ 2 tablespoons paprika sweet
- ☐ 3 cups water

Equipment

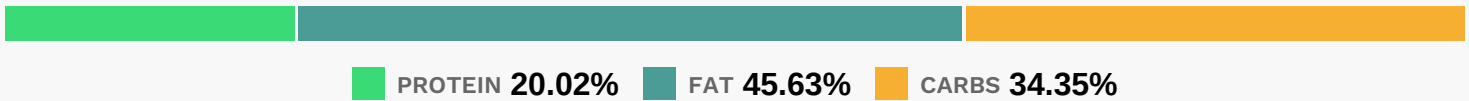
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ stove
- ☐ tongs

Directions

- ☐ Rinse the chicken pieces and pat them dry.
- ☐ Mix the oregano and paprika with some salt and pepper in a small bowl. Rub the spice mixture all over the pieces of chicken; marinate for 30 minutes so the flavor can sink in a bit.
- ☐ Heat the olive oil in a paella pan or wide shallow skillet over medium-high heat.
- ☐ Place the chicken in the pan, skin-side down and brown on all sides, turning with tongs.
- ☐ Add the chorizo and continue to cook until the oil is a vibrant red color.
- ☐ Remove the chicken and sausage to a platter lined with paper towels.
- ☐ Return the pan to the stove and lower the heat to medium. Make a sofrito by sauteing the garlic, onion, and tomatoes; cook until the mixture caramelizes a bit and the flavors meld; season with salt and pepper. Fold in the rice, stirring to coat the grains. Stir the saffron into the rice.

- ☐
- Pour in the water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Do not cover or constantly stir like risotto.
- ☐
- Add the shrimp, lobster, clams, the reserved chicken, and the chorizo. Give the paella a couple of good stirs to tuck in all the pieces and just let it simmer, without stirring, until the rice is al dente, about 15 minutes. Scatter the peas on top and continue to cook for 5 minutes, until the paella looks fluffy and moist. The ideal paella has a toasted rice bottom called socarrat. Allow to rest, off the heat for 5 minutes, and garnish with parsley.
- ☐
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:98.96, Glycemic Load:41.07, Inflammation Score:-10, Nutrition Score:33.800434674906%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 744.22kcal (37.21%), Fat: 37.77g (58.11%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 57.13g (20.77%), Sugar: 7.62g (8.47%), Cholesterol: 189.08mg (63.03%), Sodium: 603.77mg (26.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Selenium: 54µg (77.14%), Manganese: 1.11mg (55.64%), Vitamin B3: 10.82mg (54.08%), Copper: 0.97mg (48.6%), Vitamin A: 2369.55IU (47.39%), Folate: 179.47µg (44.87%), Vitamin B6: 0.89mg (44.27%), Phosphorus: 404.4mg (40.44%), Vitamin B1: 0.59mg (39.65%), Iron: 6.64mg (36.9%), Vitamin E: 5.06mg (33.75%), Vitamin C: 25.97mg (31.48%), Vitamin K: 31.49µg (29.99%), Vitamin B5: 2.92mg (29.2%), Zinc: 4.37mg (29.13%), Fiber: 6.85g (27.38%), Potassium: 900.79mg (25.74%), Vitamin B12: 1.47µg (24.56%), Magnesium: 94.49mg (23.62%), Vitamin B2: 0.34mg (19.96%), Calcium: 128.09mg (12.81%)