



Pantry Paella



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken stock preferably organic (ready-made, concentrate or cubes)
- ☐ 4 servings cilantro leaves chopped for serving
- ☐ 1 clove garlic peeled finely sliced
- ☐ 1 optional: lemon for serving cut into wedges,
- ☐ 2 tablespoons regular olive oil
- ☐ 1.3 cups peas frozen
- ☐ 1.5 cups fatty pork diced cold cooked
- ☐ 8 ounces prawns raw frozen thawed peeled

- ☐ 1.3 cups rice such as bomba, paella or arborio
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt
- ☐ 3 scallions finely sliced
- ☐ 0.3 cup cooking sherry (recommended: Oloroso)
- ☐ 1 cup baby squid frozen thawed sliced

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Put the saffron threads into a small pan over a medium heat with the sherry and warm them, not letting the liquid come to a boil.
- ☐ Remove the pan from the heat and let cool.
- ☐ Heat the oil in a wide, heavy based pan over low heat.
- ☐ Add the onions and saute for a few minutes.
- ☐ Add the sliced garlic and cook for a minute or so more. Stir in the rice, coat the grains in the oil, then add the prawns, baby squid, pork and peas.
- ☐ Mix to combine.
- ☐ Heat the chicken stock in a small pot over medium heat, or make up the concentrate or cubes with boiling water. Stir in the sherry and saffron mixture and combine well.
- ☐ Add the stock mixture to the rice and bring it to a bubble, then turn the heat down to a low simmer, but leave uncovered.
- ☐ Cook without stirring for 15 to 20 minutes, and by that time the rice should have absorbed the liquid and be tender. Gently stir with a fork to separate the grains, and check the seasoning, adding salt, if needed.
- ☐ Serve the paella edged with lemon wedges, and sprinkled with cilantro.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:30.29, Inflammation Score:-6, Nutrition Score:29.627826566282%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 596.03kcal (29.8%), Fat: 17.07g (26.26%), Saturated Fat: 4.2g (26.22%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 58.29g (21.2%), Sugar: 5.57g (6.19%), Cholesterol: 278.26mg (92.75%), Sodium: 505.07mg (21.96%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 43.57g (87.14%), Copper: 1.69mg (84.74%), Selenium: 57.9µg (82.72%), Phosphorus: 523.33mg (52.33%), Manganese: 0.92mg (46.22%), Vitamin C: 37.72mg (45.72%), Vitamin B2: 0.64mg (37.47%), Vitamin B1: 0.55mg (36.72%), Vitamin B3: 7.31mg (36.56%), Zinc: 5.21mg (34.73%), Vitamin K: 34.76µg (33.11%), Potassium: 850mg (24.29%), Vitamin B6: 0.48mg (24.12%), Magnesium: 89.41mg (22.35%), Vitamin B12: 1.2µg (20.07%), Iron: 3.23mg (17.94%), Fiber: 4.34g (17.37%), Vitamin E: 2.1mg (13.97%), Folate: 54.54µg (13.64%), Vitamin B5: 1.33mg (13.28%), Calcium: 111.92mg (11.19%), Vitamin A: 475.85IU (9.52%), Vitamin D: 0.51µg (3.38%)