



Picadillo Chicken Paella

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice long-grain white uncooked
- 0.5 lb chorizo sausage cut smoked sliced
- 0.3 cup raisins
- 14.5 oz canned tomatoes undrained canned
- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 teaspoon turmeric
- 4 chicken legs skinless
- 4 chicken thighs skinless

- 0.3 teaspoon lawry's seasoned salt
- 0.3 teaspoon paprika
- 1 cup peas sweet frozen thawed

Equipment

- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In baking dish, mix rice, sausage, raisins, tomatoes, broth and turmeric. Arrange chicken legs and thighs on top; press into rice mixture.
- Sprinkle chicken with seasoned salt and paprika.
- Cover with foil; bake 30 minutes. Uncover; bake about 30 minutes longer or until liquid is absorbed and juice of chicken is clear when thickest part is cut to bone (180°F). Stir in peas.
- Bake uncovered 5 minutes.

Nutrition Facts

PROTEIN 37.47% **FAT 26.3%** **CARBS 36.23%**

Properties

Glycemic Index:55.58, Glycemic Load:29.59, Inflammation Score:-9, Nutrition Score:33.060434839%

Nutrients (% of daily need)

Calories: 645.77kcal (32.29%), Fat: 18.55g (28.54%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 52.15g (18.96%), Sugar: 7.1g (7.88%), Cholesterol: 266.63mg (88.88%), Sodium: 894.08mg (38.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.46g (118.92%), Selenium: 61.33µg (87.61%), Vitamin B3: 16.6mg (83.01%), Vitamin B6: 1.34mg (67.07%), Phosphorus: 580.38mg (58.04%), Manganese: 0.97mg (48.67%), Vitamin C: 34.79mg (42.18%), Vitamin B2: 0.63mg (37.28%), Vitamin B5: 3.67mg (36.72%), Zinc: 5.32mg (35.47%), Potassium: 1128.65mg (32.25%), Vitamin B1: 0.45mg (30.15%), Iron: 5.2mg (28.91%), Copper:

0.54mg (26.97%), Magnesium: 104.15mg (26.04%), Vitamin B12: 1.48µg (24.63%), Fiber: 5.33g (21.33%), Vitamin K: 21.5µg (20.48%), Vitamin A: 915.94IU (18.32%), Vitamin E: 1.9mg (12.69%), Folate: 50.73µg (12.68%), Calcium: 98.92mg (9.89%)