



Quick Chicken Paella with Sugar Snap Peas

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

READY IN



45 min.

SERVINGS



6

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 14.5 ounce frangelico diced canned
- ☐ 6 large strips. with skin and bones, excess skin and fat trimmed (2 1/2 pounds)
- ☐ 4 ounces chorizo smoked spanish fully cooked
- ☐ 0.5 cup wine dry white
- ☐ 4 garlic clove minced
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon olive oil

- ☐ 1.5 cups onion chopped (1 large)
- ☐ 1.5 cups rice long-grain
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 0.5 teaspoon saffron threads
- ☐ 1.5 teaspoons salt
- ☐ 1.3 teaspoons paprika smoked
- ☐ 8 ounces sugar snap peas trimmed

Equipment

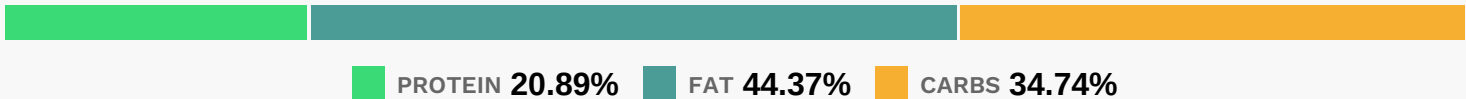
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Mix white wine and saffron threads in small measuring cup; set aside.
- ☐ Combine salt, smoked paprika, and black pepper in small bowl; rub spice mixture all over chicken thighs.
- ☐ Heat heavy large ovenproof skillet over medium-high heat.
- ☐ Add chorizo and sauté until fat begins to render and sausage browns, stirring occasionally, about 3 minutes.
- ☐ Transfer chorizo to large plate.
- ☐ Add olive oil to skillet.
- ☐ Add chicken thighs to skillet and cook until browned, about 4 minutes per side.
- ☐ Transfer chicken to plate with chorizo.
- ☐ Pour off all but 1 tablespoon drippings from skillet. Reduce heat to medium.
- ☐ Add chopped onion and cook until translucent, stirring often, about 5 minutes.
- ☐ Add minced garlic and stir 30 seconds.

- ☐ Add long-grainrice and stir to coat.
- ☐ Add wine-saffronmixture and bring to boil, scraping upbrowned bits from bottom of skillet.
- ☐ Addchicken broth, tomatoes with juice, androasted red peppers. Bring to simmer. Stirin browned chorizo.
- ☐ Place chicken thighs, skin side up, atop mixture in skillet. Coverskillet tightly with foil, then cover skilletwith lid.
- ☐ Bake paella until rice is almosttender, about 25 minutes.
- ☐ Transfer chicken to plate. Stir rice;season to taste with salt and pepper. Scattersnap peas over. Return chicken to skillet, nestling into rice. Cover with foil and lid.
- ☐ Bake until snap peas are crisp-tender, riceis tender, and chicken is cooked through, about 10 minutes longer.
- ☐ * Sometimes labeled Pimentón Dulce orPimentón de La Vera Dulce; available atsome supermarkets, at specialty foodsstores, and from latienda.com.
- ☐ ** Spanish chorizo, a pork-link sausageflavored with garlic and spices, is milderthan Mexican chorizo. It's available atspecialty foods stores and Spanish marketsand from latienda.com.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:46.36, Glycemic Load:23.4, Inflammation Score:-8, Nutrition Score:17.768260624098%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 557.84kcal (27.89%), Fat: 26.47g (40.73%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 44.04g (16.01%), Sugar: 3.62g (4.03%), Cholesterol: 122.55mg (40.85%), Sodium: 779.2mg (33.88%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 28.04g (56.08%), Selenium: 28.95µg (41.35%), Manganese: 0.78mg (39.21%), Vitamin B3: 7.45mg (37.26%), Vitamin C: 28.99mg (35.14%), Vitamin B6: 0.63mg (31.75%), Phosphorus: 296.64mg (29.66%), Vitamin B5: 1.99mg (19.88%), Vitamin A: 804.92IU (16.1%), Iron: 2.8mg (15.56%), Potassium: 531.44mg (15.18%), Zinc: 2.25mg (14.98%), Vitamin B2: 0.25mg (14.66%), Vitamin K: 14.43µg (13.74%), Vitamin B12: 0.8µg (13.36%), Copper: 0.27mg (13.36%), Vitamin B1: 0.2mg (13.29%), Magnesium: 51.38mg (12.85%), Fiber: 2.61g (10.42%), Folate: 32.03µg (8.01%), Calcium: 61.23mg (6.12%), Vitamin E: 0.91mg (6.04%)