



Seafood-and-Chicken Paella



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 pound chicken cut into 8 pieces
- ☐ 4 cups chicken broth
- ☐ 3 large chorizo sliced
- ☐ 0.5 cup wine dry white
- ☐ 6 garlic clove chopped
- ☐ 12 littleneck clams scrubbed
- ☐ 1.3 pound lobster tail pieces split with claws cracked or 2 (8-ounce) lobster tails, steamed and in half steamed

- ☐ 12 mussels scrubbed
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 large onion spanish halved thinly sliced
- ☐ 2 cups rice medium-grain
- ☐ 0.5 teaspoon saffron threads crumbled
- ☐ 1 teaspoon salt

Equipment

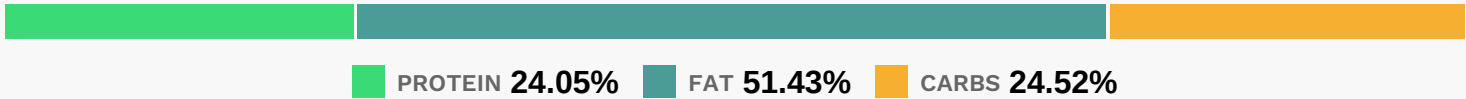
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Heat 2 tablespoons oil in a 15-inch paella pan or heavy-bottomed roasting pan over medium heat; span 2 burners, if necessary.
- ☐ Add chorizo, and cook 6 minutes or until lightly browned on both sides.
- ☐ Add onion and garlic; cook, stirring occasionally, 8 minutes or until onions are softened.
- ☐ Transfer chorizo mixture to a plate.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat 1 tablespoon oil in same pan over medium heat; add chicken, skin-side down, and brown on all sides, about 10 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Add rice to pan; cook, stirring constantly, 5 minutes or until lightly browned.
- ☐ Add broth, chorizo mixture, and saffron, stirring well. Arrange chicken, skin-side up, in pan. Bring broth to a boil; reduce heat, and simmer 15 minutes.
- ☐ Bring wine to a boil in a saucepan.
- ☐ Add clams, and cook 3 to 5 minutes or until shells just open.

- ☐ Remove clams with a slotted spoon; discard any that do not open. Repeat with mussels, reserving cooking liquid.
- ☐ Nestle lobster, clams, and mussels into rice around chicken; drizzle reserved cooking liquid over shellfish.
- ☐ Bake at 375 on lowest rack in the oven 5 minutes or until lobster is heated through and all liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:23.59, Inflammation Score:-6, Nutrition Score:19.537826133811%

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 728.28kcal (36.41%), Fat: 39.94g (61.45%), Saturated Fat: 12.26g (76.63%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 41.51g (15.09%), Sugar: 2.32g (2.58%), Cholesterol: 159.98mg (53.33%), Sodium: 929.38mg (40.41%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 42.02g (84.04%), Selenium: 42.73µg (61.05%), Manganese: 1.15mg (57.29%), Vitamin B3: 9mg (45.01%), Vitamin B12: 2.43µg (40.56%), Phosphorus: 297.64mg (29.76%), Vitamin B6: 0.57mg (28.26%), Copper: 0.48mg (23.9%), Iron: 3.67mg (20.36%), Zinc: 3.04mg (20.24%), Vitamin B5: 1.89mg (18.93%), Vitamin B2: 0.27mg (15.75%), Magnesium: 53.08mg (13.27%), Potassium: 438.36mg (12.52%), Vitamin B1: 0.17mg (11.28%), Vitamin E: 1.45mg (9.69%), Vitamin A: 452.11IU (9.04%), Vitamin C: 6.2mg (7.52%), Calcium: 66.1mg (6.61%), Folate: 24.91µg (6.23%), Fiber: 1.35g (5.4%), Vitamin K: 5.52µg (5.25%), Vitamin D: 0.22µg (1.45%)