



Seafood and Chicken Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1099 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups arborio rice
- ☐ 4 chicken thighs
- ☐ 4 skin-on chicken drumsticks
- ☐ 6 cups chicken stock see
- ☐ 12 littlenecks clams cleaned
- ☐ 0.5 cup flat parsley chopped
- ☐ 6 chorizos spanish
- ☐ 4 garlic cloves minced

- ☐ 10 servings lemon wedges for serving
- ☐ 0.5 cup olive oil
- ☐ 1 small onion finely chopped
- ☐ 1 tablespoon paprika
- ☐ 0.5 cup peas frozen
- ☐ 1 pinch saffron threads
- ☐ 10 servings salt and pepper
- ☐ 1 pound shrimp deveined peeled

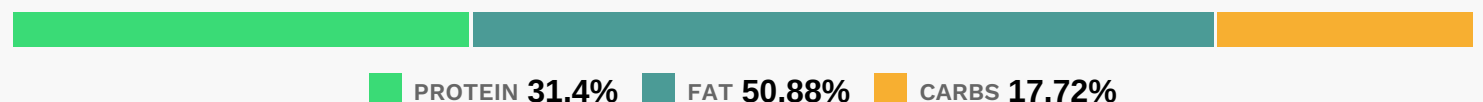
Equipment

- ☐ frying pan

Directions

- ☐ In a large paella pan over medium heat, add the olive oil and the chorizo. Sauté for 5 minutes or until the chorizo is brown.
- ☐ Remove and set aside. Rub the chicken pieces with paprika, salt and pepper and add to the paella pan. Sauté for 4 minutes on each side or until brown.
- ☐ Remove from the paella pan and set aside with the chorizo.
- ☐ Add the onions and garlic to the paella pan and sauté for about 7 minutes or until translucent.
- ☐ Add the rice and stir to coat.
- ☐ Add the chicken stock, stir and cook for about 15 minutes.
- ☐ Add the chicken pieces, chorizo and saffron, cook for about 10 more minutes.
- ☐ Add the shrimp and clams, give the paella a good shake and cook for 10 minutes more.
- ☐ Add the peas and let it sit for 5 minutes.
- ☐ Add the parsley and decorate with lemon wedges.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:35.28, Glycemic Load:31.93, Inflammation Score:-9, Nutrition Score:36.596956667693%

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: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 1098.69kcal (54.93%), Fat: 60.65g (93.31%), Saturated Fat: 19.33g (120.81%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 45.21g (16.44%), Sugar: 3.12g (3.46%), Cholesterol: 374.28mg (124.76%), Sodium: 704.02mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.23g (168.46%), Vitamin B3: 26.81mg (134.04%), Selenium: 61.63µg (88.04%), Phosphorus: 702.43mg (70.24%), Vitamin B6: 1.39mg (69.73%), Vitamin K: 58.53µg (55.74%), Zinc: 6.12mg (40.83%), Folate: 153.11µg (38.28%), Vitamin B1: 0.57mg (38.06%), Vitamin B5: 3.79mg (37.88%), Iron: 6.74mg (37.43%), Vitamin B2: 0.59mg (34.6%), Manganese: 0.68mg (33.78%), Potassium: 1020.36mg (29.15%), Vitamin C: 23.72mg (28.75%), Vitamin A: 1390.06IU (27.8%), Copper: 0.56mg (27.76%), Magnesium: 106.85mg (26.71%), Vitamin B12: 1.4µg (23.27%), Vitamin E: 1.58mg (10.55%), Calcium: 95.49mg (9.55%), Fiber: 2.33g (9.32%), Vitamin D: 0.64µg (4.26%)