



Spanish Paella with Carnaroli Rice

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound beef cubed
- ☐ 0.3 pound chick peas
- ☐ 0.3 pound chicken breast cubed
- ☐ 0.3 pound chorizo sausage cubed
- ☐ 1 bell pepper diced green
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 bell pepper diced red

- ☐ 2 cups carnaroli rice
- ☐ 1 pinch saffron threads
- ☐ 4 cups vegetable broth

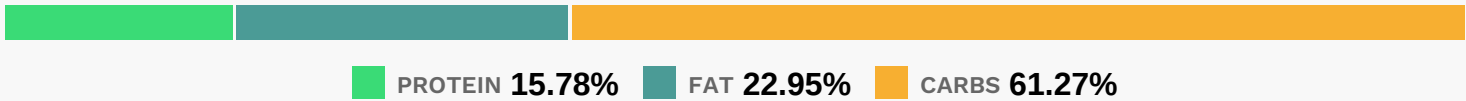
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Using a large heavy skillet, heat olive oil on medium high heat and saute the peppers and onions until translucent.
- ☐ Add the chick peas and meats in the pan and saute along with the peppers and onion until golden in color and meat is browned.
- ☐ In a saucepan, combine the vegetable broth and the saffron and allow saffron to steep in the broth. This will give the paella its color.
- ☐ Add the rice into the skillet and stir until well coated. Once the rice is toasted, add the saffron infused broth, stir, cover with a tight lid, and allow to cook on medium heat for 17 minutes.
- ☐ To serve, place in large platter and sprinkle lemon juice on top of the rice.

Nutrition Facts



Properties

Glycemic Index:33.87, Glycemic Load:24.17, Inflammation Score:-7, Nutrition Score:11.432174026966%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 301.61kcal (15.08%), Fat: 7.57g (11.65%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 45.5g (15.17%), Net Carbohydrates: 43.01g (15.64%), Sugar: 3.39g (3.77%), Cholesterol: 29.14mg (9.71%), Sodium: 501.06mg (21.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Vitamin C: 36.4mg (44.12%), Manganese: 0.71mg (35.38%), Selenium: 14.26µg (20.37%), Vitamin B6: 0.34mg (17.12%), Vitamin A: 851.09IU (17.02%), Vitamin B3: 3.13mg (15.64%), Phosphorus: 140.31mg (14.03%), Folate: 41.34µg (10.33%), Fiber: 2.49g (9.96%), Zinc: 1.48mg (9.85%), Copper: 0.18mg (9.12%), Vitamin B5: 0.87mg (8.66%), Iron: 1.42mg (7.88%), Potassium: 266.63mg (7.62%), Magnesium: 29.35mg (7.34%), Vitamin B1: 0.09mg (5.85%), Vitamin B12: 0.33µg (5.53%), Vitamin B2: 0.09mg (5.17%), Vitamin E: 0.74mg (4.91%), Vitamin K: 3.83µg (3.65%), Calcium: 31.95mg (3.2%)