



## Venetian-Style Paella

READY IN



100 min.

SERVINGS



4

CALORIES



1120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup basil leaves fresh shredded loosely packed
- 2 tablespoons butter
- 15 ounce canned tomatoes diced ripe seeded drained well canned
- 3 cups chicken stock see
- 0.5 cup cooking wine dry white
- 1 large bay leaf fresh
- 4 garlic cloves finely chopped
- 2 tablespoons olive oil extra-virgin
- 1 medium onion finely chopped

- 2 healthy pinches saffron threads
- 4 servings salt and pepper black freshly ground
- 1 pound mild sausage links to package directions and coin
- 6 chicken thighs boneless skinless cut into large pieces
- 0.5 cup broken bits of spaghetti thin
- 1.3 cups rice white
- 1 pound a combination deveined peeled scrubbed
- 1 pound a combination deveined peeled scrubbed

## Equipment

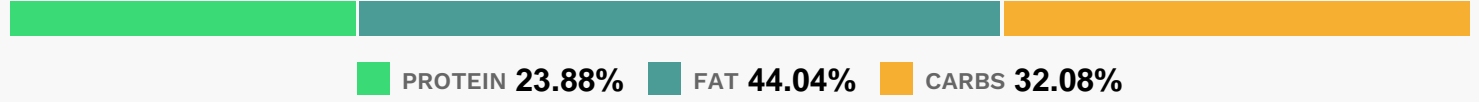
- frying pan
- pot

## Directions

- Put the sausages in a small skillet with 3/4 inches of water. Bring to a boil over medium heat and par-cook the sausages for 7 to 8 minutes.
- Meanwhile, warm the stock and saffron in a medium pot over low heat.
- Heat a large heavy pot or deep skillet, over medium-high heat and add the extra-virgin olive oil. When the oil smokes, add the chicken and season liberally with salt and pepper, to taste. Brown the chicken for a couple minutes on each side, then remove it to a plate.
- Add the par-boiled sausage and crisp up the casings, 2 to 3 minutes.
- Remove the sausages and cut them into large chunks.
- Add the butter to the pot and let it melt.
- Add the pasta to the melted butter and let it toast for a couple minutes, then add the onions and garlic. Season the pasta with salt and pepper, to taste, then add the bay leaf and stir for 2 to 3 minutes more.
- Add the rice and stir to combine, then deglaze the pot with the white wine, stirring for 30 seconds.
- Put the chicken and sausages back into the pot, pour in the saffron stock and stir.
- Cover the pot with a tight-fitting lid and simmer for 15 minutes.

- Add the seafood and tomatoes and cook until the shrimp are opaque, about 3 to 4 minutes more. If using mussels, cook until the mussels are open. Discard any that do not open.
- Remove the bay and discard.
- Transfer the paella to a large serving platter, top with basil, and serve.

## Nutrition Facts



### Properties

Glycemic Index:115.8, Glycemic Load:39.91, Inflammation Score:-8, Nutrition Score:39.618695507879%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

### Nutrients (% of daily need)

Calories: 1119.91kcal (56%), Fat: 53.1g (81.69%), Saturated Fat: 17.11g (106.94%), Carbohydrates: 87.01g (29%), Net Carbohydrates: 82.63g (30.05%), Sugar: 9.89g (10.99%), Cholesterol: 263.12mg (87.71%), Sodium: 1323.02mg (57.52%), Alcohol: 3.09g (100%), Alcohol %: 0.53% (100%), Protein: 64.79g (129.59%), Vitamin B3: 20.51mg (102.57%), Selenium: 71.01µg (101.45%), Vitamin B6: 1.6mg (80.15%), Phosphorus: 698.3mg (69.83%), Manganese: 1.34mg (66.95%), Vitamin B1: 0.7mg (46.46%), Zinc: 6.8mg (45.32%), Vitamin B2: 0.72mg (42.07%), Potassium: 1424.25mg (40.69%), Vitamin K: 41.5µg (39.52%), Vitamin B5: 3.89mg (38.91%), Copper: 0.72mg (35.98%), Vitamin B12: 2.06µg (34.34%), Iron: 5.67mg (31.47%), Magnesium: 124.2mg (31.05%), Vitamin E: 3.23mg (21.51%), Vitamin C: 15.02mg (18.2%), Fiber: 4.38g (17.51%), Vitamin A: 854.17IU (17.08%), Folate: 50.67µg (12.67%), Calcium: 116.91mg (11.69%), Vitamin D: 1.47µg (9.83%)