



Artichoke Crab Paella

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb surimi crab sticks shelled cooked
- ☐ 1 cup cooking wine dry white
- ☐ 1 quart fat-skimmed chicken broth
- ☐ 1 tablespoon garlic minced
- ☐ 12 oz marinated artichoke
- ☐ 0.5 cup oil-cured olives pitted chopped
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parsley chopped

- ☐ 6 servings bell pepper
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups onions red chopped
- ☐ 2 cups pearl rice white

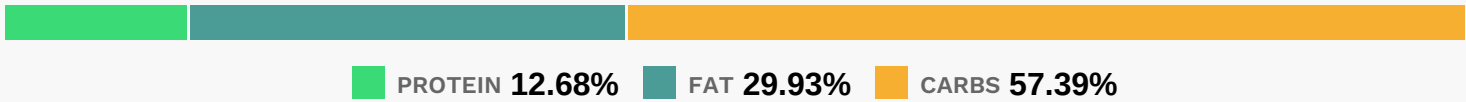
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In an ovenproof 14-inch-wide, 2- to 3-inch-deep frying pan (or 5- to 6-quart pan) over medium heat, frequently stir oil and rice until rice is opaque, about 5 minutes.
- ☐ Add onions, bell pepper, and garlic; stir often until onions are limp, 5 to 8 minutes.
- ☐ Add wine, broth, and artichokes with marinade. Bring to a boil over high heat, stirring occasionally.
- ☐ Cover tightly with lid or foil and bake in a 350 oven until liquid is absorbed, 20 to 30 minutes.
- ☐ Stir in parsley. Arrange crab and olives on risotto. Season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:32.33, Inflammation Score:-10, Nutrition Score:26.928260844687%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg

Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg
Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 486.17kcal (24.31%), Fat: 15.16g (23.32%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 65.4g (21.8%), Net
Carbohydrates: 59.99g (21.81%), Sugar: 7.79g (8.66%), Cholesterol: 36.67mg (12.22%), Sodium: 1261.82mg (54.86%),
Alcohol: 4.12g (100%), Alcohol %: 0.99% (100%), Protein: 14.45g (28.91%), Vitamin C: 147.99mg (179.38%), Vitamin A:
3933.87IU (78.68%), Manganese: 0.97mg (48.47%), Vitamin K: 50.81µg (48.39%), Selenium: 29.7µg (42.42%),
Vitamin B6: 0.58mg (28.88%), Copper: 0.53mg (26.69%), Vitamin B12: 1.57µg (26.24%), Vitamin E: 3.8mg (25.33%),
Phosphorus: 229.15mg (22.92%), Fiber: 5.41g (21.64%), Folate: 86.19µg (21.55%), Vitamin B3: 4.05mg (20.26%), Zinc:
2.58mg (17.18%), Vitamin B5: 1.61mg (16.1%), Potassium: 555.99mg (15.89%), Magnesium: 54.68mg (13.67%), Iron:
2.23mg (12.39%), Vitamin B2: 0.21mg (12.24%), Calcium: 103.92mg (10.39%), Vitamin B1: 0.15mg (10.02%)