



WHATSheATE



Chicken and Shrimp Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus (1-inch)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds strips.
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon paprika sweet
- ☐ 4 ounce turkey sausage italian hot
- ☐ 1 cup onion chopped

- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 cup plum tomatoes diced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1.5 cups rice uncooked
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.8 teaspoon salt divided
- ☐ 0.8 pound shrimp deveined peeled
- ☐ 2 teaspoons vegetable oil
- ☐ 1 teaspoon rosemary dried fresh chopped

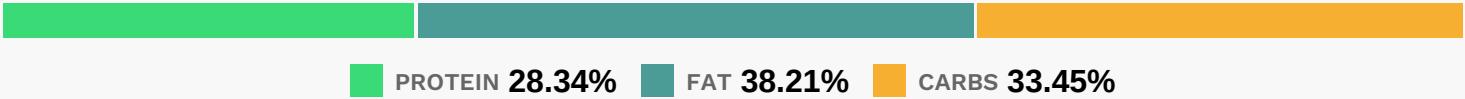
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle chicken with rosemary, 1/2 teaspoon salt, and black pepper.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on each side or until lightly browned.
- ☐ Remove chicken from pan; cover and keep warm.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 1 minute, stirring to crumble.
- ☐ Add onion and bell pepper; cook 7 minutes, stirring constantly.
- ☐ Add rice, tomato, paprika, saffron, and garlic; cook 1 minute, stirring constantly. Return chicken to pan.
- ☐ Add broth and 1/4 teaspoon salt; bring to a boil. Wrap handle of pan with foil; cover pan.
- ☐ Bake at 400 for 10 minutes. Stir in shrimp, asparagus, and peas. Cover and bake an additional 5 minutes or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:23.83, Inflammation Score:-8, Nutrition Score:22.220435007759%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 546.67kcal (27.33%), Fat: 23.01g (35.39%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 42.29g (15.38%), Sugar: 4.15g (4.61%), Cholesterol: 212.43mg (70.81%), Sodium: 1091.33mg (47.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.78%), Selenium: 35.86µg (51.22%), Phosphorus: 443.46mg (44.35%), Vitamin B3: 8.11mg (40.56%), Vitamin C: 32.57mg (39.48%), Manganese: 0.75mg (37.36%), Vitamin B6: 0.69mg (34.56%), Copper: 0.52mg (25.84%), Iron: 4.31mg (23.95%), Zinc: 3.51mg (23.4%), Vitamin A: 1095.7IU (21.91%), Vitamin B5: 2.08mg (20.84%), Potassium: 704.08mg (20.12%), Vitamin K: 20.16µg (19.2%), Magnesium: 73.17mg (18.29%), Vitamin B2: 0.3mg (17.81%), Vitamin B12: 1.03µg (17.23%), Vitamin B1: 0.23mg (15.35%), Fiber: 3.03g (12.14%), Folate: 43.2µg (10.8%), Calcium: 86.61mg (8.66%), Vitamin E: 1.09mg (7.24%)