



Easy Chicken, Kielbasa and Shrimp Paella

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces chicken breast strips/pre-cooked/chopped refrigerated fully-cooked ()
- 4 cups chicken broth swanson®
- 1 teaspoon turmeric
- 1 cup picante sauce pace®
- 2 cups rice long-grain white uncooked
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- 0.8 pound shrimp frozen thawed deveined cooked peeled
- 16 ounces turkey kielbasa sliced

1 tablespoon vegetable oil

Equipment

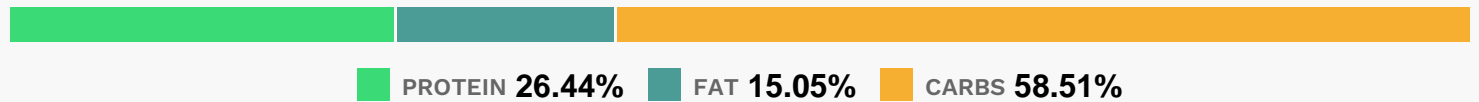
frying pan

Directions

Heat the oil in a 12-inch skillet over medium heat.

Add the rice and cook for 30 seconds, stirring constantly. Stir the broth, picante sauce and turmeric in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes. Stir the kielbasa, shrimp and chicken in the skillet. Cover and cook for 5 minutes or until the rice is tender.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:44.52, Inflammation Score:-9, Nutrition Score:19.64652173913%

Nutrients (% of daily need)

Calories: 554.21kcal (27.71%), Fat: 9.09g (13.98%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 77.11g (28.04%), Sugar: 3.68g (4.09%), Cholesterol: 130.99mg (43.66%), Sodium: 1408.79mg (61.25%), Protein: 35.91g (71.82%), Manganese: 1.14mg (56.84%), Selenium: 37.11µg (53.01%), Vitamin B3: 9.06mg (45.28%), Phosphorus: 398.84mg (39.88%), Iron: 7.1mg (39.42%), Vitamin B6: 0.64mg (32.1%), Copper: 0.49mg (24.52%), Zinc: 3.3mg (21.99%), Vitamin C: 17.92mg (21.72%), Magnesium: 68.99mg (17.25%), Vitamin B2: 0.26mg (15.54%), Potassium: 532.37mg (15.21%), Vitamin B5: 1.36mg (13.56%), Vitamin B1: 0.17mg (11.08%), Fiber: 2.35g (9.4%), Calcium: 84.6mg (8.46%), Vitamin B12: 0.39µg (6.46%), Vitamin E: 0.84mg (5.59%), Vitamin A: 247.44IU (4.95%), Vitamin K: 5.18µg (4.93%), Folate: 14.75µg (3.69%)