



Easy Paella

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

READY IN



90 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 lb shrimp deveined uncooked peeled
- 0.8 lb scallops cut in half
- 2 tablespoons vegetable oil
- 1 pinch saffron threads generous
- 6 cloves garlic finely chopped
- 2.5 cups onion chopped
- 29 oz tomatoes diced with garlic and onion, undrained canned
- 14 oz artichoke hearts drained coarsely chopped canned

- 0.8 lb turkey sausage smoked cut into 1/4-inch slices, slices cut in half
- 2 cups rice uncooked
- 32 oz chicken broth (4 cups)
- 1 teaspoon paprika
- 1 serving parsley fresh chopped

Equipment

- bowl
- sauce pan
- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- Heat oven to 375°F. Spray two 11x7-inch glass baking dishes with cooking spray. In medium bowl, toss shrimp and scallops with 1 tablespoon of the oil and generous pinch of the saffron threads; cover and refrigerate.
- In 4-quart Dutch oven, heat remaining 1 tablespoon oil over medium heat. Cook garlic and onions in oil about 5 minutes, stirring frequently, until onions are crisp-tender. Stir in tomatoes, artichokes and sausage. Cook 2 minutes, stirring frequently. Stir in rice.
- Spread half of rice mixture evenly in each baking dish.
- In 2-quart saucepan, heat broth, paprika and 1 teaspoon saffron threads to boiling.
- Pour 2 cups broth mixture evenly over rice mixture in each baking dish.
- Cover with foil.
- Bake 35 minutes.
- Place shrimp and scallops on rice mixture in each dish. Cover and bake 15 to 20 minutes or until shrimp are pink and scallops are white and opaque.
- Sprinkle with parsley.

Nutrition Facts

PROTEIN 28.67% FAT 18.77% CARBS 52.56%

Properties

Glycemic Index:29.4, Glycemic Load:23.51, Inflammation Score:-6, Nutrition Score:16.354347539985%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 390.25kcal (19.51%), Fat: 8.04g (12.36%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 47.24g (17.18%), Sugar: 5.54g (6.16%), Cholesterol: 112.83mg (37.61%), Sodium: 1225.47mg (53.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.23%), Phosphorus: 404.58mg (40.46%), Manganese: 0.77mg (38.67%), Vitamin B6: 0.5mg (24.9%), Copper: 0.43mg (21.55%), Zinc: 3.11mg (20.75%), Vitamin B3: 4.08mg (20.4%), Vitamin B12: 1.18µg (19.58%), Selenium: 13.57µg (19.38%), Potassium: 668.25mg (19.09%), Vitamin C: 15.61mg (18.92%), Vitamin K: 17.92µg (17.06%), Vitamin B2: 0.27mg (15.97%), Magnesium: 62.59mg (15.65%), Iron: 2.55mg (14.19%), Fiber: 3.39g (13.58%), Vitamin B5: 1.21mg (12.09%), Vitamin B1: 0.17mg (11.13%), Calcium: 104.03mg (10.4%), Vitamin E: 1.22mg (8.11%), Folate: 31.31µg (7.83%), Vitamin A: 322.16IU (6.44%)