



Easy Paella

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

READY IN



90 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz artichoke hearts drained coarsely chopped canned
- 2 cups rice uncooked
- 29 oz tomatoes diced with garlic and onion, undrained canned
- 32 oz chicken broth (4 cups)
- 8 servings parsley fresh chopped
- 6 cloves garlic finely chopped
- 2.5 cups onion chopped
- 1 teaspoon paprika

- 1 pinch saffron threads generous
- 0.8 lb scallops cut in half
- 0.8 lb shrimp deveined uncooked peeled
- 0.8 lb turkey sausage smoked cut into 1/4-inch slices, slices cut in half
- 2 tablespoons vegetable oil

Equipment

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

Directions

- Heat oven to 375F. 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 28.66% FAT 18.76% CARBS 52.58%

Properties

Glycemic Index:29.4, Glycemic Load:23.55, Inflammation Score:-7, Nutrition Score:19.520000001659%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg, Quercetin: 10.71mg

Nutrients (% of daily need)

Calories: 391.51kcal (19.58%), Fat: 8.06g (12.41%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 47.35g (17.22%), Sugar: 5.57g (6.19%), Cholesterol: 112.83mg (37.61%), Sodium: 1227.43mg (53.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Vitamin K: 75.32µg (71.73%), Phosphorus: 406.61mg (40.66%), Manganese: 0.78mg (38.95%), Vitamin B6: 0.5mg (25.06%), Vitamin C: 20.26mg (24.56%), Copper: 0.44mg (21.81%), Zinc: 3.15mg (21%), Vitamin B3: 4.13mg (20.63%), Potassium: 687.64mg (19.65%), Vitamin B12: 1.18µg (19.58%), Selenium: 13.57µg (19.39%), Vitamin B2: 0.28mg (16.17%), Magnesium: 64.34mg (16.09%), Iron: 2.77mg (15.4%), Fiber: 3.51g (14.04%), Vitamin A: 617IU (12.34%), Vitamin B5: 1.22mg (12.23%), Vitamin B1: 0.17mg (11.33%), Calcium: 108.86mg (10.89%), Folate: 36.63µg (9.16%), Vitamin E: 1.24mg (8.29%)