



 **100%**
HEALTH SCORE

Festive Skillet Seafood Paella

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



3623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices oscar mayer bacon finely chopped
- 14 oz canned tomatoes diced drained canned
- 2 cups chicken stock see
- 2 cloves garlic minced
- 1 cup green beans frozen thawed
- 6 oz oscar mayer honey ham chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 lb mild sausage links to package directions and coin italian 1-inch-thick cut into slices

- 12 mussels with beards removed cleaned scrubbed
- 0.5 cup onions chopped
- 1 pepper red
- 0.1 tsp saffron threads crushed
- 1 lb shrimp deveined uncooked peeled
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 cup rice long-grain white uncooked

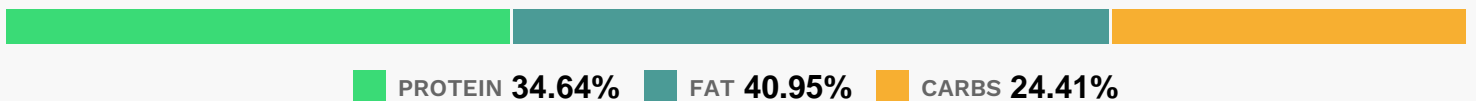
Equipment

- frying pan
- oven

Directions

- Heat oven to 325F.
- Stir saffron into chicken stock; set aside.
- Cut half the red pepper into thin strips; chop remaining pepper half.
- Heat dressing in large ovenproof skillet on medium heat. Stir in chopped peppers, tomatoes, onions and garlic; cook 5 min. or until peppers and onions are crisp-tender, stirring frequently.
- Add chicken, sausage, ham and bacon; stir. Cook 10 min., stirring frequently.
- Add chicken stock mixture; mix well. Bring to boil; stir in rice. Top with shrimp, mussels, beans and red pepper strips; cover.
- Remove from heat.
- Bake 20 min. or until mussels open and shrimp turn pink.
- Let stand 5 min. before serving. Discard any unopened mussels.

Nutrition Facts



Properties

Glycemic Index:344.19, Glycemic Load:97.15, Inflammation Score:-10, Nutrition Score:84.919130532638%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg, Quercetin: 21.61mg

Nutrients (% of daily need)

Calories: 3622.9kcal (181.15%), Fat: 162.64g (250.21%), Saturated Fat: 51.8g (323.73%), Carbohydrates: 218.13g (72.71%), Net Carbohydrates: 204.79g (74.47%), Sugar: 35.63g (39.59%), Cholesterol: 1383.79mg (461.26%), Sodium: 7322.15mg (318.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 309.55g (619.09%), Selenium: 339.24µg (484.63%), Vitamin B3: 82.05mg (410.23%), Phosphorus: 3429.15mg (342.91%), Vitamin B6: 6.7mg (334.79%), Manganese: 6.65mg (332.27%), Vitamin C: 229.52mg (278.21%), Vitamin B12: 16.14µg (269%), Vitamin B1: 3.63mg (242.06%), Potassium: 6517.89mg (186.23%), Copper: 3.44mg (171.76%), Zinc: 23.11mg (154.09%), Vitamin B2: 2.43mg (142.97%), Magnesium: 545.53mg (136.38%), Vitamin B5: 12.36mg (123.57%), Iron: 20.75mg (115.26%), Vitamin A: 5304.58IU (106.09%), Vitamin K: 100.11µg (95.35%), Calcium: 669.73mg (66.97%), Folate: 259.57µg (64.89%), Vitamin E: 8.98mg (59.88%), Fiber: 13.33g (53.33%), Vitamin D: 1.91µg (12.72%)