



Folse's Paella

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

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup andouille sausage diced
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup celery chopped
- 1.5 teaspoons chili powder
- 40 ounce bottled clam juice
- 2 tablespoons parsley fresh minced
- 5 garlic cloves crushed
- 0.5 cup green onions sliced

- 1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 1 cup lump crab meat
- 6 ounces crawfish meat deveined cooked peeled
- 2 tablespoons olive oil
- 1 cup onion chopped
- 1 cup peas green frozen
- 0.5 teaspoon cracked pepper black
- 1 cup bell pepper red chopped
- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 0.5 pound shrimp peeled

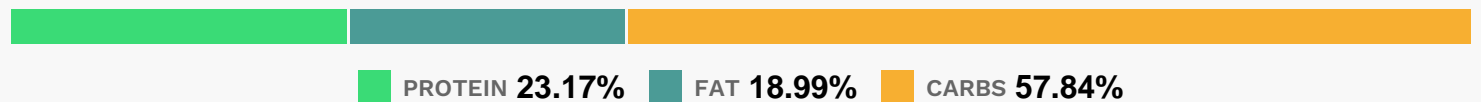
Equipment

- oven
- dutch oven

Directions

- Heat the oil in a large ovenproof Dutch oven over medium heat.
- Add celery and the next 4 ingredients; saut 5 minutes.
- Add clam juice and tomatoes; bring to a boil. Stir in remaining ingredients. Cover and bake at 350 for 45 minutes. Fluff and stir with a fork.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:19.45, Inflammation Score:-8, Nutrition Score:22.468695412511%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 376.9kcal (18.84%), Fat: 7.98g (12.27%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 50.26g (18.28%), Sugar: 10.14g (11.26%), Cholesterol: 76.55mg (25.52%), Sodium: 1063.34mg (46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Vitamin C: 49.64mg (60.17%), Vitamin K: 44.1µg (42%), Manganese: 0.75mg (37.29%), Vitamin B12: 2.07µg (34.53%), Selenium: 23.5µg (33.57%), Copper: 0.6mg (29.8%), Vitamin B6: 0.59mg (29.33%), Phosphorus: 279.59mg (27.96%), Vitamin A: 1390.8IU (27.82%), Vitamin B3: 5.31mg (26.53%), Potassium: 736.66mg (21.05%), Zinc: 3.03mg (20.23%), Fiber: 4.39g (17.57%), Magnesium: 68.92mg (17.23%), Folate: 65.44µg (16.36%), Vitamin B1: 0.22mg (14.76%), Iron: 2.49mg (13.85%), Vitamin E: 2.03mg (13.54%), Vitamin B5: 1.22mg (12.19%), Vitamin B2: 0.17mg (10.21%), Calcium: 97.33mg (9.73%), Vitamin D: 0.16µg (1.06%)