



HEALTH SCORE

57%

Grilled Salmon Paella Packs



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14 oz chicken broth canned
- ☐ 8 servings quick-cooking brown rice instant cooked
- ☐ 4 large cloves garlic finely chopped
- ☐ 0.3 cup spring onion finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon bell pepper sweet spanish or any paprika

- ☐ 1 cup parsley fresh italian packed chopped (flat-leaf)
- ☐ 4 medium plum tomatoes seeded chopped (Roma)
- ☐ 2 medium bell pepper diced red
- ☐ 0.8 teaspoon saffron threads
- ☐ 40 oz salmon fillet skinless
- ☐ 2 teaspoons salt
- ☐ 12 oz andouille sausage fully cooked

Equipment

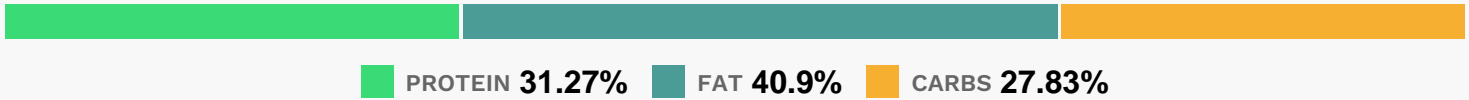
- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Soak saffron in 2 teaspoons hot water; set aside 30 minutes.
- ☐ To make salmon marinade, in small bowl, mix onions, garlic, lemon juice, 2 tablespoons of the oil, the paprika, salt and pepper. In 13x9-inch (3-quart) glass baking dish, arrange salmon; spoon marinade over salmon, turning to evenly coat. Cover; refrigerate 20 minutes.
- ☐ Cut 8 (18x12-inch) sheets of heavy-duty foil. Grease with remaining 1 tablespoon oil.
- ☐ Add water to broth to measure amount of water called for on rice package for 8 servings. Make 8 servings rice as directed on package, using broth and water mixture for the water.
- ☐ Meanwhile, cut sausages in half lengthwise.
- ☐ Cut crosswise into thin slices; stir into rice along with tomatoes, bell peppers and saffron threads with soaking liquid. Use fork to mix ingredients and separate saffron.
- ☐ Mound generous 1 cup rice mixture on center of each piece of foil. Top with 1 salmon fillet, and drizzle with a spoonful of marinade. Spoon any remaining marinade over fillets. Bring up long sides of foil together so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- ☐ Heat gas or charcoal grill.

- ☐ Place packets on grill over low heat, allowing space around packets for circulation. Cover grill; cook 10 minutes for salmon that is opaque with a deeper pink center, or about 15 minutes until fish flakes easily with fork.
- ☐ Place packets on plates. Carefully unfold foil away from face.
- ☐ Sprinkle each serving with parsley.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:43.055651934251%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 692.19kcal (34.61%), Fat: 30.89g (47.53%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 44.84g (16.31%), Sugar: 2.9g (3.22%), Cholesterol: 139.34mg (46.45%), Sodium: 1243.72mg (54.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.15g (106.29%), Vitamin K: 140.12µg (133.45%), Selenium: 77.88µg (111.26%), Vitamin B3: 18.42mg (92.12%), Vitamin B12: 5.42µg (90.34%), Vitamin B6: 1.56mg (78.24%), Vitamin C: 57.23mg (69.36%), Phosphorus: 508.15mg (50.81%), Folate: 186.49µg (46.62%), Vitamin B2: 0.72mg (42.46%), Vitamin A: 2062.59IU (41.25%), Vitamin B1: 0.59mg (39.62%), Manganese: 0.73mg (36.26%), Iron: 6.03mg (33.5%), Potassium: 1136.3mg (32.47%), Vitamin B5: 2.94mg (29.36%), Zinc: 4.25mg (28.32%), Copper: 0.52mg (25.81%), Magnesium: 78.26mg (19.56%), Vitamin E: 2.06mg (13.73%), Fiber: 2.45g (9.79%), Calcium: 63.63mg (6.36%), Vitamin D: 0.64µg (4.3%)