



 **12%**
HEALTH SCORE

Land Lubber's Paella

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

READY IN



45 min.

SERVINGS



6

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

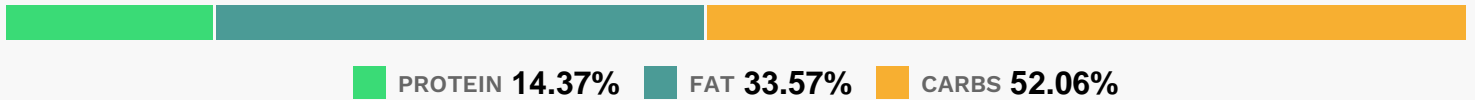
Ingredients

- 1 bay leaves
- 1 bell pepper diced (any color preference)
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- 1 tablespoon bottled garlic
- 1 lb chicken boneless skinless cubed
- 3 cups chicken stock see
- 1 lb kielbasa cubed
- 1 tablespoon olive oil

- 1 medium onion diced
- 0.5 cup peas frozen
- 2 cups rice long-grain
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- 6 servings salt and pepper
- 1 tomatoes diced
- 1 teaspoon turmeric

Equipment

Nutrition Facts



Properties

Glycemic Index:59.78, Glycemic Load:61.49, Inflammation Score:-10, Nutrition Score:27.162608695652%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 874.54kcal (43.73%), Fat: 32.04g (49.29%), Saturated Fat: 10.36g (64.76%), Carbohydrates: 111.77g (37.26%), Net Carbohydrates: 107.96g (39.26%), Sugar: 5.75g (6.39%), Cholesterol: 83.73mg (27.91%), Sodium: 1063.75mg (46.25%), Protein: 30.84g (61.69%), Manganese: 1.6mg (79.83%), Vitamin C: 62.22mg (75.42%), Selenium: 40.59µg (57.98%), Vitamin B3: 9.76mg (48.79%), Vitamin B1: 0.6mg (40.31%), Vitamin B6: 0.76mg (37.88%), Phosphorus: 368.73mg (36.87%), Vitamin A: 1561.19IU (31.22%), Zinc: 3.81mg (25.38%), Copper: 0.48mg (23.93%), Vitamin B2: 0.38mg (22.35%), Vitamin B5: 2.12mg (21.15%), Potassium: 722.71mg (20.65%), Iron: 3.3mg (18.32%), Magnesium: 67.6mg (16.9%), Fiber: 3.81g (15.24%), Vitamin B12: 0.85µg (14.22%), Folate: 52.45µg (13.11%), Vitamin E: 1.39mg (9.24%), Vitamin K: 9.03µg (8.6%), Calcium: 68.68mg (6.87%)