



 **30%**  
HEALTH SCORE

## Mixed Paella

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

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**394 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 1 quart chicken broth
- 1 pound chorizo sausage cut
- 2 teaspoons olive oil extra virgin
- 0.5 pound fish fillet white firm cut into bite-size pieces
- 6 cloves garlic minced
- 1 optional: lemon cut into wedges
- 1 lemon zest

- 24 medium mussels cleaned
- 1 onion spanish chopped
- 0.3 cup parsley chopped
- 1 cup peas
- 1 bell pepper red chopped
- 0.5 teaspoon pepper red crushed
- 2 cups rice dry
- 0.3 teaspoon saffron threads
- 0.8 pound shrimp deveined peeled
- 6 sprigs thyme leaves

## Equipment

- frying pan

## Directions

- In a very large non-stick skillet or paella pan preheated over medium-high heat, add 2 teaspoons of your oil (you will need more oil if you're not using non-stick), garlic, red pepper flakes and rice.
- Saute for about 3 minutes.
- Add saffron, thyme, bay leaf and broth and bring to a boil. Cover and reduce heat to a simmer. Leave covered, do not stir. In another non-stick skillet, heat to medium-high.
- Add chorizo and crumble as you saute. When the sausage is cooked through, add red pepper and onion. Salt and pepper to taste if needed.
- Saute until the onion is tender and remove from heat, set aside. When the rice is nearly done (about 15 minutes) add fish and shrimp and press into rice.
- Add mussels, peas and sprinkle with lemon zest. Cover and continue to simmer until the rice is done and the mussels have opened. Discard any that do not. Top with chorizo mixture and parsley.
- Serve with lemon wedges and a crusty bread.

## Nutrition Facts



■ PROTEIN 28.84% ■ FAT 24.19% ■ CARBS 46.97%

## Properties

Glycemic Index:52.13, Glycemic Load:24.37, Inflammation Score:-9, Nutrition Score:22.426086956522%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Taste

Sweetness: 44.53%, Saltiness: 100%, Sourness: 85.16%, Bitterness: 54.82%, Savoriness: 74.14%, Fattiness: 76.49%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 394.09kcal (19.7%), Fat: 10.46g (16.09%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 42.79g (15.56%), Sugar: 3.22g (3.57%), Cholesterol: 131.86mg (43.95%), Sodium: 583.05mg (25.35%), Protein: 28.05g (56.1%), Manganese: 1.58mg (79.24%), Vitamin C: 52.08mg (63.13%), Vitamin B12: 3.41µg (56.82%), Selenium: 31.09µg (44.42%), Vitamin K: 37.27µg (35.49%), Phosphorus: 280.74mg (28.07%), Vitamin A: 1166.9IU (23.34%), Copper: 0.39mg (19.53%), Iron: 3.18mg (17.68%), Vitamin B3: 3.12mg (15.61%), Magnesium: 56.85mg (14.21%), Potassium: 492.76mg (14.08%), Vitamin B6: 0.27mg (13.58%), Zinc: 2mg (13.35%), Vitamin B2: 0.21mg (12.61%), Vitamin B1: 0.18mg (12.21%), Folate: 46.92µg (11.73%), Fiber: 2.9g (11.6%), Calcium: 89.01mg (8.9%), Vitamin B5: 0.88mg (8.76%), Vitamin D: 0.88µg (5.86%), Vitamin E: 0.84mg (5.58%)