

food
network



HEALTH SCORE

54%

Mixed Seafood Paella with Sausage and Pink Beans



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 links andouille sausage cut in half lengthwise, then cut crosswise into 1/4-inch-thick slices or kielbasa
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 large bell pepper diced green seeded
- ☐ 15 ounce pink beans drained canned
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups quick-cooking rice

- ☐ 0.5 teaspoon saffron threads
- ☐ 1 cups salmon broken into pieces leftover
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp deveined peeled

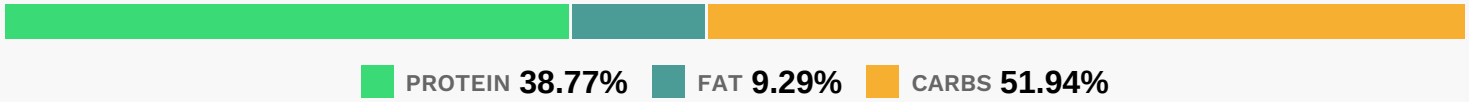
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the rice according to the package directions.
- ☐ Meanwhile, in a large saucepan, combine the salmon, shrimp, sausage, tomatoes, beans, bell pepper, oregano, and saffron, set over medium-high heat, and bring to a simmer.
- ☐ Let simmer until the shrimp are bright pink and cooked through, about 5 minutes. Stir in the cooked rice and cook for 2 minutes to heat through.
- ☐ Remove from the heat, stir in parsley, season to taste with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:5.67, Inflammation Score:-9, Nutrition Score:34.151739319543%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 381.78kcal (19.09%), Fat: 4.07g (6.26%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 44.09g (16.03%), Sugar: 9.79g (10.88%), Cholesterol: 201.7mg (67.23%), Sodium: 429.02mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.16g (76.32%), Vitamin C: 78.56mg (95.22%), Vitamin K: 78.36µg (74.62%), Folate: 240.31µg (60.08%), Copper: 1.06mg (53.03%), Phosphorus: 464.68mg (46.47%), Manganese: 0.82mg (41.05%), Iron: 7.22mg (40.09%), Potassium: 1380.4mg (39.44%), Vitamin B3:

7.66mg (38.29%), Vitamin B1: 0.55mg (36.88%), Selenium: 25.73µg (36.76%), Vitamin B6: 0.72mg (35.85%), Magnesium: 130.07mg (32.52%), Fiber: 7.04g (28.15%), Zinc: 3.28mg (21.87%), Calcium: 216.82mg (21.68%), Vitamin E: 2.77mg (18.47%), Vitamin A: 917.18IU (18.34%), Vitamin B12: 1.09µg (18.1%), Vitamin B2: 0.26mg (15.31%), Vitamin B5: 1.32mg (13.22%)