



One-Hour Shrimp Paella

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

READY IN



55 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arborio rice medium-grain white
- 0.3 teaspoon paprika spanish hot
- 3.3 cups chicken broth divided ()
- 1 tablespoon olive oil
- 2 cups onion chopped
- 0.5 cup pimiento stuffed olives green halved
- 1 cup bell pepper red chopped
- 0.3 teaspoon saffron threads generous crumbled ()

1 pound shrimp deveined uncooked peeled

Equipment

frying pan

Directions

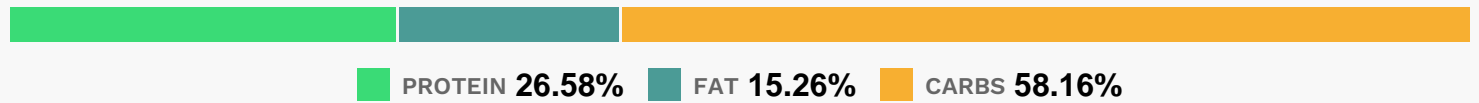
Heat oil in heavy large skillet over medium-high heat.

Add smoked ham, onions, and bell pepper, and sauté until golden brown, about 8 minutes. Stir in saffron and paprika, then 3 cups broth and rice. Bring to boil.

Sprinkle with salt and pepper. Reduce heat to low, cover, and simmer until rice is almost tender, about 15 minutes. Nestle shrimp into rice, top with olives, and drizzle with 1/4 cup (or more) broth to moisten. Cover and cook until shrimp are just opaque in center, about 6 minutes. Season to taste with more salt and pepper.

Self

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:49.08, Inflammation Score:-9, Nutrition Score:22.67869602079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg, Quercetin: 16.33mg

Nutrients (% of daily need)

Calories: 493.03kcal (24.65%), Fat: 8.41g (12.94%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 67.26g (24.46%), Sugar: 5.31g (5.9%), Cholesterol: 182.57mg (60.86%), Sodium: 461.32mg (20.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.89%), Vitamin C: 53.61mg (64.98%), Folate: 206.16µg (51.54%), Manganese: 0.96mg (48.19%), Phosphorus: 405.42mg (40.54%), Copper: 0.76mg (37.87%), Vitamin B1: 0.48mg (32.31%), Vitamin B3: 6.22mg (31.11%), Vitamin A: 1295.82IU (25.92%), Iron: 4.62mg (25.68%), Potassium: 726.75mg (20.76%), Fiber: 4.84g (19.37%), Zinc: 2.78mg (18.52%), Magnesium: 73.42mg

(18.36%), Vitamin B6: 0.36mg (17.99%), Selenium: 11.92µg (17.03%), Vitamin E: 1.79mg (11.92%), Vitamin B5: 1.19mg (11.89%), Calcium: 112.61mg (11.26%), Vitamin B2: 0.15mg (8.8%), Vitamin K: 4.59µg (4.37%), Vitamin B12: 0.19µg (3.2%)