



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

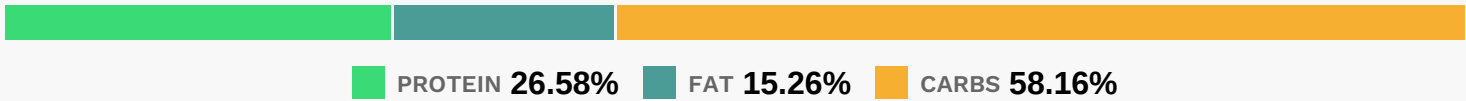
Equipment

☐ 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: Og (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%)