



Orzo Paella

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups kernel corn whole frozen
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.8 cup parsley fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pounds littleneck clams (2 dozen)
- ☐ 1 pound mussels fresh scrubbed
- ☐ 2 tablespoons olive oil divided

- ☐ 1.5 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 1.5 pounds orzo pasta uncooked
- ☐ 1 teaspoon paprika hot
- ☐ 1.5 cups peas sweet green frozen
- ☐ 2 cups bell pepper red chopped
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 1 tablespoon salt
- ☐ 8 ounces kielbasa sausage cut into 1/2-inch slices
- ☐ 1 pound shrimp fresh deveined peeled
- ☐ 3 quarts water

Equipment

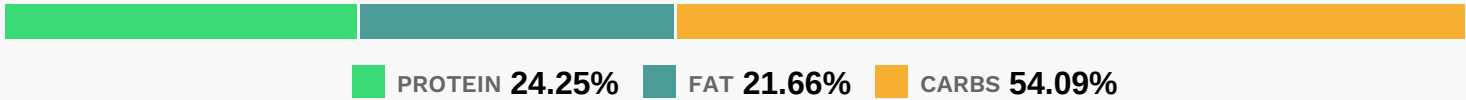
- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring 3 quarts water and salt to a boil in a Dutch oven; add orzo and saffron. Cook 7 minutes or just until tender; drain and keep warm.
- ☐ Add 1 tablespoon olive oil to pan.
- ☐ Place pan over medium heat; add sausage. Cook 3 to 4 minutes or until browned, stirring occasionally.
- ☐ Remove sausage from pan, using a slotted spoon; set aside, and keep warm.
- ☐ Heat remaining 1 tablespoon olive oil in pan over medium heat until hot.
- ☐ Add red bell pepper, onion, and garlic. Saut 3 minutes. Stir in corn and next 5 ingredients.
- ☐ Add clams; cover and cook 5 minutes.
- ☐ Stir in mussels and shrimp. Cover and cook 6 minutes or until clams and mussels open and shrimp turn pink. Discard clams or mussels that do not open. Return sausage to pan. Stir in orzo and 1/2 cup parsley; toss well.

- ☐ Transfer to a large platter; sprinkle with remaining parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.93, Glycemic Load:22.84, Inflammation Score:-9, Nutrition Score:30.540434847707%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 482.5kcal (24.12%), Fat: 11.43g (17.59%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 59.41g (21.6%), Sugar: 5.45g (6.06%), Cholesterol: 99.92mg (33.31%), Sodium: 1043.28mg (45.36%), Alcohol: 0.62g (100%), Alcohol %: 0.14% (100%), Protein: 28.8g (57.6%), Manganese: 1.67mg (83.34%), Selenium: 58.2µg (83.14%), Vitamin K: 84.87µg (80.83%), Vitamin B12: 4.51µg (75.11%), Vitamin C: 57.32mg (69.48%), Phosphorus: 385.14mg (38.51%), Vitamin A: 1678.07IU (33.56%), Copper: 0.54mg (26.96%), Magnesium: 89.22mg (22.31%), Zinc: 3.08mg (20.52%), Iron: 3.56mg (19.78%), Fiber: 4.83g (19.34%), Vitamin B3: 3.75mg (18.77%), Potassium: 635.32mg (18.15%), Folate: 71.72µg (17.93%), Vitamin B6: 0.35mg (17.67%), Vitamin B1: 0.26mg (17.25%), Vitamin B2: 0.2mg (11.63%), Vitamin E: 1.39mg (9.29%), Calcium: 92.84mg (9.28%), Vitamin B5: 0.76mg (7.61%), Vitamin D: 0.29µg (1.97%)