



Paella

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken wings cooked
- 16 ounce bottled clam juice
- 1 cup peas frozen thawed
- 0.5 cup pepperoni sliced
- 8 ounce rice mix yellow
- 7 ounce roasted peppers diced red
- 12 ounce shrimp frozen thawed cooked

Equipment

Directions

- Prepare the rice mix according to the label directions, substituting clam juice for the water and adding saffron (if using). Cook for 20 minutes. Fold in the remaining ingredients and cook another 5 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:19.15, Inflammation Score:-5, Nutrition Score:16.95434791368%

Nutrients (% of daily need)

Calories: 421.69kcal (21.08%), Fat: 10.26g (15.78%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 40.81g (14.84%), Sugar: 3.92g (4.35%), Cholesterol: 157.12mg (52.37%), Sodium: 1002.51mg (43.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.67%), Selenium: 27.87µg (39.82%), Vitamin B3: 7.89mg (39.47%), Phosphorus: 365.86mg (36.59%), Vitamin C: 28.83mg (34.94%), Manganese: 0.68mg (33.75%), Vitamin B6: 0.55mg (27.59%), Copper: 0.46mg (23.2%), Zinc: 2.97mg (19.8%), Potassium: 566.62mg (16.19%), Magnesium: 62.26mg (15.56%), Vitamin B5: 1.33mg (13.3%), Iron: 2.37mg (13.17%), Vitamin B1: 0.19mg (12.49%), Vitamin B2: 0.2mg (12.04%), Fiber: 2.57g (10.27%), Vitamin A: 500.5IU (10.01%), Folate: 34.32µg (8.58%), Calcium: 83.38mg (8.34%), Vitamin K: 6.58µg (6.26%), Vitamin B12: 0.36µg (6.07%), Vitamin E: 0.25mg (1.69%)