



Paella by Filippo Berio®

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

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 pounds chicken breasts boneless cut in half (or turkey breasts)
- 0.5 cup olive oil extra virgin filippo berio®
- 3 garlic cloves
- 1 large bell pepper green cut into strips
- 12 littleneck clams fresh rinsed scrubbed well
- 3 cups chicken broth low-sodium
- 1 medium onion chopped

- 0.5 teaspoon oregano leaves dried
- 1 teaspoon paprika
- 1 cup peas green frozen
- 0.5 pound shrimp raw deveined peeled
- 1.5 cups rice long-grain uncooked
- 0.3 teaspoon saffron threads crumbled
- 2 large tomatoes

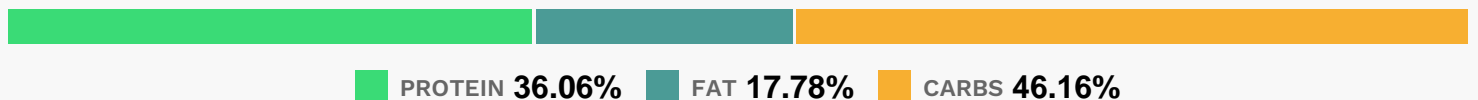
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Heat olive oil in a large, heavy skillet and saute chicken for 15 minutes until lightly browned.
- Transfer chicken to a large ovenproof casserole.
- Saute garlic, green pepper, and onion over medium heat in remaining olive oil for 5 minutes.
- Add chicken broth to the skillet and bring to a boil over high heat. Stir in rice, paprika, oregano, black pepper, and saffron. Bring to a boil again.
- Pour rice mixture over chicken pieces in casserole. Cover and bake for 40 minutes.
- Remove casserole from oven.
- Add shrimp, clams, tomatoes, and peas. Cover and return to oven for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:24.47, Inflammation Score:-8, Nutrition Score:26.471739032994%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 426.37kcal (21.32%), Fat: 8.32g (12.79%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 44.83g (16.3%), Sugar: 4.66g (5.18%), Cholesterol: 121.46mg (40.49%), Sodium: 391.96mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.88%), Selenium: 56.52µg (80.74%), Vitamin B3: 15.94mg (79.71%), Vitamin B6: 1.2mg (59.93%), Vitamin C: 43.15mg (52.3%), Phosphorus: 482.44mg (48.24%), Manganese: 0.81mg (40.52%), Potassium: 913.16mg (26.09%), Vitamin B5: 2.36mg (23.57%), Vitamin A: 1074.01IU (21.48%), Vitamin B12: 1.24µg (20.65%), Copper: 0.38mg (18.81%), Magnesium: 72.13mg (18.03%), Vitamin K: 16.91µg (16.1%), Vitamin B1: 0.23mg (15.22%), Fiber: 3.72g (14.89%), Zinc: 2.17mg (14.5%), Vitamin B2: 0.24mg (14.21%), Vitamin E: 1.91mg (12.7%), Folate: 47.27µg (11.82%), Iron: 2.02mg (11.23%), Calcium: 71mg (7.1%), Vitamin D: 0.15µg (1.01%)