



"Paella" Fried Rice

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



977 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz chorizo dried spanish quartered cut into 1/4-inch-thick pieces (spicy pork sausage)
- 4 cups rice cold cooked
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- 1 tablespoon cumin seeds
- 1 cup cilantro leaves fresh finely chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 1 large onion chopped

- 10 oz peas frozen
- 0.3 cup pumpkin seeds green hulled toasted ()
- 1 large bell pepper red chopped
- 0.5 teaspoon pepper dried red hot
- 1.5 teaspoons salt

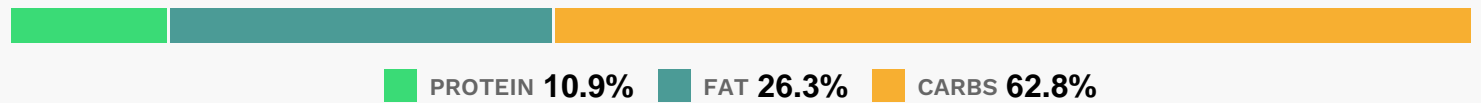
Equipment

- frying pan

Directions

- Heat oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking, then cook cumin and red pepper flakes, stirring, 1 minute.
- Add onion and bell pepper and cook, stirring, until softened.
- Add chorizo and sauté over moderately high heat, stirring, until sausage begins to brown, about 3 minutes.
- Add rice, crumbling it, and salt. Sauté, stirring, until some grains begin to turn golden, about 3 minutes.
- Add peas and sauté, stirring, just until peas are heated through.
- Remove from heat and stir in pumpkin seeds and cilantro.

Nutrition Facts



Properties

Glycemic Index:126.33, Glycemic Load:147.56, Inflammation Score:-9, Nutrition Score:30.873043226159%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 977.17kcal (48.86%), Fat: 28.15g (43.3%), Saturated Fat: 6.61g (41.3%), Carbohydrates: 151.21g (50.4%), Net Carbohydrates: 143.1g (52.04%), Sugar: 7.73g (8.59%), Cholesterol: 26.58mg (8.86%), Sodium: 893.01mg (38.83%), Alcohol: 0g (100%), Protein: 26.24g (52.48%), Manganese: 2.94mg (146.9%), Vitamin C: 84.9mg (102.91%), Selenium: 37.72µg (53.89%), Vitamin A: 2342.46IU (46.85%), Vitamin K: 41µg (39.05%), Phosphorus: 377.81mg (37.78%), Vitamin B6: 0.75mg (37.51%), Fiber: 8.11g (32.44%), Magnesium: 127.44mg (31.86%), Copper: 0.57mg (28.51%), Iron: 4.73mg (26.27%), Zinc: 3.89mg (25.93%), Vitamin B1: 0.35mg (23.33%), Folate: 92.07µg (23.02%), Vitamin B5: 2.16mg (21.63%), Vitamin E: 3.24mg (21.62%), Vitamin B3: 4.23mg (21.15%), Potassium: 576.09mg (16.46%), Vitamin B2: 0.22mg (13.06%), Calcium: 97.21mg (9.72%)