



Paella fried rice



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 small chorizo sausage cut into slices
- ☐ 1 onion sliced
- ☐ 1 garlic clove chopped
- ☐ 0.5 tsp turmeric
- ☐ 600 g rice plain cooked
- ☐ 200 g shrimp frozen cooked
- ☐ 100 g pea-mond dressing frozen

☐ 4 servings lemon wedges

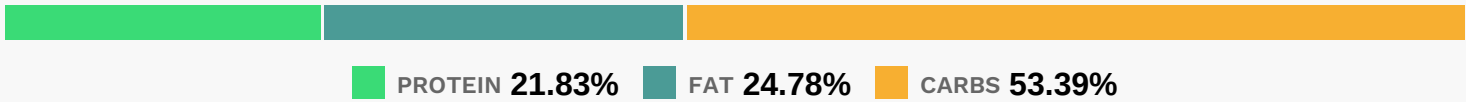
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a frying pan. Tip in the chorizo, onion and garlic, then cook for a couple of mins until softened. Stir through turmeric, followed by the rice, prawns and peas and 150ml boiling water.
- ☐ Keep stirring until everything is warmed through and the water has been absorbed.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:47.53, Inflammation Score:-9, Nutrition Score:10.472608659578%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 385.72kcal (19.29%), Fat: 10.43g (16.04%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 47.74g (17.36%), Sugar: 2.11g (2.34%), Cholesterol: 113.66mg (37.89%), Sodium: 63.82mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.33%), Manganese: 0.91mg (45.66%), Phosphorus: 220.52mg (22.05%), Copper: 0.38mg (19.05%), Selenium: 12.14µg (17.34%), Folate: 61.96µg (15.49%), Vitamin C: 11.5mg (13.93%), Magnesium: 52.3mg (13.07%), Zinc: 1.8mg (11.97%), Fiber: 2.79g (11.18%), Vitamin B6: 0.21mg (10.63%), Iron: 1.89mg (10.5%), Potassium: 305.48mg (8.73%), Vitamin B5: 0.73mg (7.28%), Calcium: 70.92mg (7.09%), Vitamin K: 6.84µg (6.51%), Vitamin B1: 0.1mg (6.36%), Vitamin A: 241.43IU (4.83%), Vitamin B3: 0.78mg (3.88%), Vitamin E: 0.42mg (2.83%), Vitamin B2: 0.04mg (2.49%)