



"Paella" Fried Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



566 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
- ☐ 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

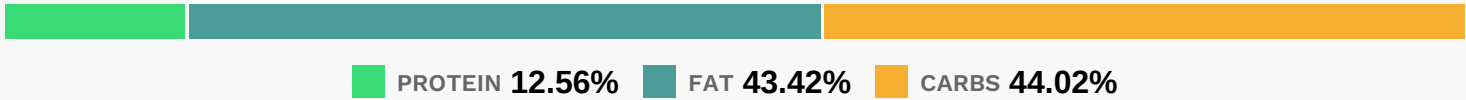
Equipment

- ☐ 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:71.83, Glycemic Load:51.91, Inflammation Score:-9, Nutrition Score:23.747391265372%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 566.37kcal (28.32%), Fat: 27.26g (41.94%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 62.2g (20.73%), Net Carbohydrates: 55.35g (20.13%), Sugar: 7.57g (8.41%), Cholesterol: 26.58mg (8.86%), Sodium: 889.85mg (38.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Vitamin C: 84.9mg (102.91%), Manganese: 1.45mg (72.32%), Vitamin A: 2342.46IU (46.85%), Vitamin K: 41µg (39.05%), Fiber: 6.85g (27.39%), Phosphorus: 241.93mg (24.19%), Vitamin B6: 0.46mg (22.82%), Iron: 4.1mg (22.76%), Magnesium: 89.52mg (22.38%), Vitamin E: 3.12mg (20.77%), Folate: 82.59µg (20.65%), Selenium: 14.02µg (20.03%), Vitamin B1: 0.29mg (19.12%), Copper: 0.35mg (17.61%), Zinc: 2.34mg (15.61%), Vitamin B3: 2.97mg (14.83%), Potassium: 465.49mg (13.3%), Vitamin B2: 0.18mg (10.64%), Vitamin B5: 0.93mg (9.31%), Calcium: 65.61mg (6.56%)