



Paella with Poblanos, Corn, and Clams

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black divided
- 1 cup cherry tomatoes halved
- 1.5 cups corn kernels fresh (2 ears)
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 garlic cloves minced
- 0.1 teaspoon ground pepper red
- 1.3 teaspoons kosher salt divided
- 8 lemon wedges

- 2 pounds littleneck clams
- 2 tablespoons olive oil
- 2 poblano chiles seeded chopped
- 0.3 teaspoon saffron threads crushed
- 0.8 cup short-grain brown rice uncooked
- 2 cups water
- 2 cups onion yellow chopped

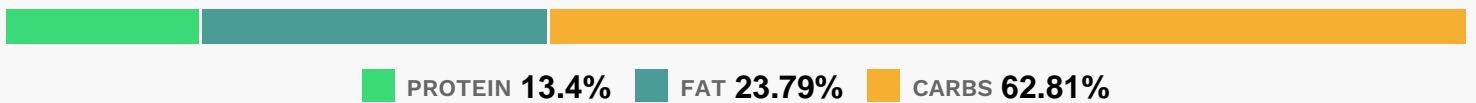
Equipment

- frying pan
- oven

Directions

- Preheat oven to 450
- Heat oil in a 12-inch ovenproof skillet over medium-high heat.
- Add onion, garlic, poblanos, 1/2 teaspoon salt, and 1/4 teaspoon black pepper; saut 3 minutes.
- Add rice and saffron. Cook 2 minutes; stir constantly.
- Add 2 cups water, 3/4 teaspoon salt, 1/4 teaspoon black pepper, and red pepper; bring to a boil.
- Bake at 450 for 50 minutes or until rice is done. Stir in corn and tomatoes. Nestle clams into rice mixture.
- Bake at 450 for 12 minutes or until shells open, and discard unopened shells.
- Return the pan to medium-high heat, and cook without stirring 10 minutes or until liquid evaporates and rice browns. (It should smell toasty but not burned.) Top with parsley; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:86.06, Glycemic Load:19.05, Inflammation Score:-9, Nutrition Score:25.638260799906%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg, Luteolin: 3.54mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 18.27mg, Quercetin: 18.27mg, Quercetin: 18.27mg, Quercetin: 18.27mg

Nutrients (% of daily need)

Calories: 339.61kcal (16.98%), Fat: 9.44g (14.53%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 49.9g (18.15%), Sugar: 10.1g (11.22%), Cholesterol: 10.21mg (3.4%), Sodium: 772.86mg (33.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Vitamin C: 88.44mg (107.2%), Manganese: 1.82mg (91.22%), Vitamin B12: 3.84µg (64.07%), Vitamin K: 43.51µg (41.44%), Vitamin B6: 0.56mg (28.22%), Phosphorus: 271.24mg (27.12%), Magnesium: 103.69mg (25.92%), Fiber: 6.2g (24.79%), Vitamin B1: 0.35mg (23.3%), Potassium: 639.78mg (18.28%), Selenium: 11.81µg (16.87%), Vitamin B3: 3.36mg (16.8%), Folate: 65.21µg (16.3%), Vitamin A: 811.65IU (16.23%), Copper: 0.3mg (14.79%), Iron: 2.59mg (14.37%), Vitamin B5: 1.3mg (12.99%), Vitamin E: 1.81mg (12.09%), Zinc: 1.53mg (10.23%), Calcium: 76.65mg (7.66%), Vitamin B2: 0.12mg (6.99%)