

Partner Paella

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup arborio rice uncooked
- 6 ounces chorizo cut into 1/4-inch-thick slices
- 1.5 cups less-sodium chicken broth fat-free
- 4 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 12 mussels scrubbed
- 1 tablespoon olive oil
- 2.3 cups onion chopped

- 0.5 cup peas green frozen
- 6 servings try build-a-meal
- 0.5 teaspoon saffron threads
- 0.5 teaspoon salt
- 0.5 pound shrimp deveined peeled
- 1.5 cups tomatoes seeded chopped (1 large)
- 0.3 cup vermouth dry white
- 1.3 cups bell pepper yellow chopped

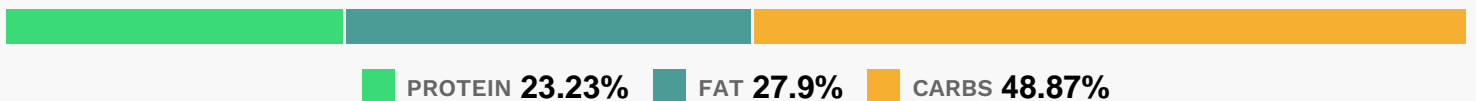
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 400
- Combine vermouth and saffron in a small bowl; set aside.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion and garlic; saut 5 minutes or until tender.
- Add rice and chorizo; cook 1 minute, stirring frequently. Stir in the vermouth mixture, salt, red pepper, and broth; bring to a boil. Reduce heat; simmer 8 minutes, stirring constantly. Stir in tomato, bell pepper, and peas.
- Remove from heat; nestle shrimp and mussels into rice mixture. Cover with lid or foil; bake at 400 for 35 minutes or until all liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:69.39, Glycemic Load:23.5, Inflammation Score:-8, Nutrition Score:19.20565194669%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg

Nutrients (% of daily need)

Calories: 335.71kcal (16.79%), Fat: 10.04g (15.45%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 35.91g (13.06%), Sugar: 4.46g (4.96%), Cholesterol: 83.14mg (27.72%), Sodium: 524.76mg (22.82%), Alcohol: 1.37g (100%), Alcohol %: 0.52% (100%), Protein: 18.81g (37.62%), Vitamin C: 73.34mg (88.89%), Manganese: 1.25mg (62.28%), Vitamin B12: 2.07µg (34.53%), Folate: 117.77µg (29.44%), Selenium: 15.02µg (21.46%), Phosphorus: 209.84mg (20.98%), Vitamin B1: 0.31mg (20.57%), Iron: 3.58mg (19.89%), Copper: 0.36mg (17.89%), Fiber: 3.66g (14.64%), Vitamin B3: 2.86mg (14.3%), Vitamin B6: 0.29mg (14.25%), Potassium: 492.22mg (14.06%), Vitamin A: 628.38IU (12.57%), Magnesium: 49.29mg (12.32%), Zinc: 1.61mg (10.74%), Vitamin B5: 0.78mg (7.83%), Vitamin K: 7.81µg (7.44%), Vitamin B2: 0.12mg (6.89%), Calcium: 61.32mg (6.13%), Vitamin E: 0.7mg (4.63%)