



Pasta Paella

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz tomatoes diced canned
- ☐ 8 ounces capellini dried
- ☐ 12 clams scrubbed for steaming (1 lb.; optional
- ☐ 1.5 cups fat-skimmed beef broth
- ☐ 8 oz artichoke hearts frozen thawed
- ☐ 3 cloves garlic minced peeled
- ☐ 0.3 teaspoon turmeric
- ☐ 8 ounces pacific halibut filets rinsed cut into 1/2-inch chunks

- ☐ 4 servings lemon wedges
- ☐ 2 tablespoons olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 1 cup peas frozen
- ☐ 4 servings salt
- ☐ 8 ounces shrimp deveined rinsed peeled per lb.),

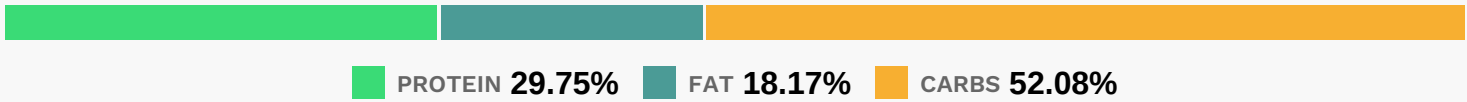
Equipment

- ☐ frying pan

Directions

- ☐ Pour olive oil into an 11- to 12-inch frying pan over medium-high heat. Break pasta into 3- to 4-inch lengths and drop into oil; stir often until golden, 6 to 8 minutes.
- ☐ Add onion, garlic, and turmeric; stir until onion is limp, 3 to 4 minutes.
- ☐ Stir in broth and tomatoes, including juice; cover and bring to a boil over high heat.
- ☐ Spread mixture level. Evenly distribute artichoke hearts and clams, if using, over pasta. Cover, reduce heat to medium, and cook for 5 minutes. Evenly distribute shrimp, fish, and peas over pasta. Cover and cook until clams have opened and fish is barely opaque in center of thickest part (cut to test), 5 to 8 minutes longer.
- ☐ Uncover and cook until pasta has absorbed most of the liquid and is beginning to brown on the bottom, 2 to 4 minutes.
- ☐ Add salt to taste.
- ☐ Garnish with lemon wedges to squeeze over seafood.
- ☐ Serve from pan.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:19.88, Inflammation Score:-9, Nutrition Score:27.944347754769%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 475.99kcal (23.8%), Fat: 9.71g (14.94%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 62.63g (20.88%), Net Carbohydrates: 54.44g (19.8%), Sugar: 8.6g (9.55%), Cholesterol: 120.96mg (40.32%), Sodium: 833.18mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.77g (71.53%), Selenium: 66.97µg (95.67%), Manganese: 1.05mg (52.32%), Phosphorus: 496.09mg (49.61%), Vitamin C: 32.52mg (39.42%), Vitamin B6: 0.72mg (36.23%), Vitamin B3: 7.22mg (36.09%), Folate: 132.4µg (33.1%), Fiber: 8.19g (32.74%), Copper: 0.61mg (30.68%), Potassium: 1069.92mg (30.57%), Magnesium: 110.12mg (27.53%), Vitamin B12: 1.51µg (25.1%), Vitamin B1: 0.29mg (19.53%), Iron: 3.41mg (18.96%), Zinc: 2.72mg (18.11%), Vitamin D: 2.66µg (17.77%), Vitamin B2: 0.27mg (16.09%), Vitamin K: 16.54µg (15.75%), Vitamin E: 2.22mg (14.82%), Calcium: 127.51mg (12.75%), Vitamin A: 543.31IU (10.87%), Vitamin B5: 0.9mg (9.01%)