



Peruvian Shrimp and Almond Paella

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves chopped
- 14 oz chicken broth fat-free canned
- 10 oz vegetables mixed frozen
- 3 cloves garlic minced
- 2 cups brown rice instant uncooked
- 2 jalapeño peppers minced seeded
- 12 oz shrimp cleaned cooked
- 0.5 cup planters slivered almonds toasted

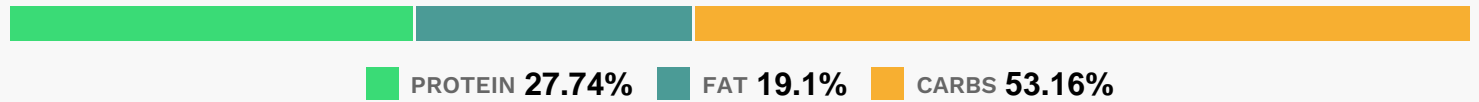
Equipment

frying pan

Directions

- Place broth and vegetables in large skillet. Bring to boil on medium-high heat.
- Add rice, shrimp, garlic and peppers; mix well. Cover. Reduce heat to medium-low.
- Simmer 5 minutes.
- Remove from heat; let stand 5 minutes.
- Stir in almonds and cilantro.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:26.189999891364%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 378.9kcal (18.94%), Fat: 8.23g (12.67%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 45.12g (16.41%), Sugar: 2.23g (2.47%), Cholesterol: 136.93mg (45.64%), Sodium: 547.86mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.91g (53.83%), Vitamin A: 3954.42IU (79.09%), Vitamin C: 56.45mg (68.43%), Manganese: 1.06mg (53.13%), Folate: 152.99µg (38.25%), Vitamin B1: 0.56mg (37.27%), Phosphorus: 366.71mg (36.67%), Copper: 0.68mg (34.15%), Selenium: 19.35µg (27.65%), Iron: 4.74mg (26.33%), Vitamin B3: 5.27mg (26.33%), Fiber: 6.45g (25.82%), Vitamin E: 3.75mg (24.97%), Magnesium: 97.27mg

(24.32%), Potassium: 638.68mg (18.25%), Zinc: 2.63mg (17.52%), Vitamin B2: 0.27mg (15.85%), Vitamin B6: 0.32mg (15.85%), Calcium: 133.26mg (13.33%), Vitamin K: 10.68µg (10.18%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.2µg (3.31%)