

Portuguese Paella



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 1 cup asparagus
- ☐ 2 teaspoons canola oil
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon rosemary or dried fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 1 cup onion chopped

- ☐ 0.5 cup peas frozen thawed
- ☐ 0.5 cup plum tomatoes diced
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon saffron thread crushed
- ☐ 0.8 teaspoon salt divided
- ☐ 0.8 lb shrimp deveined peeled
- ☐ 1.5 lbs chicken thighs skinless
- ☐ 1 teaspoon paprika sweet

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees.2
- ☐ Sprinkle chicken with rosemary, 1/2 teaspoon salt, and black pepper.3
- ☐ Heat oil in a large oven proof nonstick skillet or paella pan over medium-high heat.4
- ☐ Add chicken; cook for 3 minutes on each side or until lightly browned.5
- ☐ Remove chicken from pan; cover and keep warm.6
- ☐ Add chourice and cook until lightly browned;.7
- ☐ Add onion and bell pepper; cook for 7 minutes, stirring constantly.8
- ☐ Add rice, tomato, paprika, saffron and garlic; cook for 1 minute stirring constantly.9 Return chicken to pan.10
- ☐ Add broth and 1/4 teaspoon of salt; bring to boil.11 Wrap handle of pan with foil, cover pan;.12
- ☐ Bake at 400°F for 10 minutes.13 Stir in shrimp, asparagus, and peas.14 Cover and bake an additional 5 minutes or until shrimp are no longer translucent.

Nutrition Facts



 PROTEIN **36.08%**  FAT **14.46%**  CARBS **49.46%**

Properties

Glycemic Index:67.06, Glycemic Load:38.6, Inflammation Score:-8, Nutrition Score:25.21739132508%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg, Isorhamnetin: 2.61mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg

Nutrients (% of daily need)

Calories: 447.35kcal (22.37%), Fat: 7.07g (10.87%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 50.43g (18.34%), Sugar: 3.82g (4.25%), Cholesterol: 201.36mg (67.12%), Sodium: 899.54mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.66g (79.32%), Selenium: 36µg (51.43%), Vitamin B3: 9.8mg (49.01%), Manganese: 0.89mg (44.31%), Phosphorus: 436.6mg (43.66%), Folate: 174.58µg (43.65%), Vitamin B6: 0.74mg (37.2%), Vitamin B1: 0.55mg (36.9%), Vitamin C: 26.82mg (32.51%), Iron: 4.7mg (26.09%), Copper: 0.52mg (26%), Zinc: 3.62mg (24.13%), Vitamin B5: 2.31mg (23.09%), Vitamin B2: 0.37mg (21.89%), Vitamin A: 1009.56IU (20.19%), Potassium: 691.02mg (19.74%), Magnesium: 75.04mg (18.76%), Vitamin K: 19.21µg (18.3%), Fiber: 3.91g (15.66%), Vitamin B12: 0.75µg (12.49%), Vitamin E: 1.16mg (7.73%), Calcium: 72.6mg (7.26%)