



Pre-Game Paella

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces chicken breast strips refrigerated fully-cooked
- ☐ 4 cups chicken stock see swanson®
- ☐ 1 teaspoon ground turmeric
- ☐ 2 cups regular rice long-grain white uncooked
- ☐ 1 cup & chunky salsa thick pace®
- ☐ 12 ounces shrimp frozen thawed deveined cooked peeled
- ☐ 16 ounces turkey kielbasa sliced
- ☐ 1 tablespoon vegetable oil

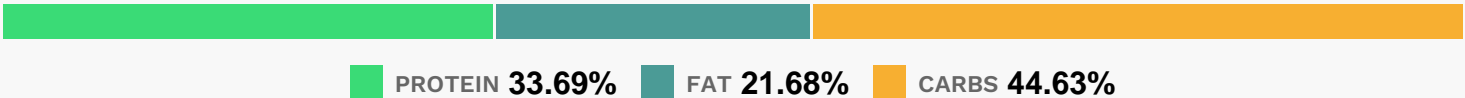
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium heat.
- ☐ Add the rice and cook for 30 seconds, stirring constantly. Stir in the stock, salsa and turmeric and heat to a boil. Reduce the heat to low. Cover the skillet and cook for 15 minutes. Stir in the kielbasa, shrimp and chicken. Cover the skillet and cook for 5 minutes or until the rice is tender and most of the liquid is absorbed. Campbell's Kitchen Tip: "Some like it hot and some don't! Before selecting which salsa to use in this recipe (hot, medium or mild) I consider the other foods I'm serving and my guests' preference for spicy foods." Cathy Marschean-Spivak, Campbell's Kitchen

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:22.26, Inflammation Score:-9, Nutrition Score:17.525217502013%

Nutrients (% of daily need)

Calories: 421.55kcal (21.08%), Fat: 9.97g (15.35%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 44.45g (16.16%), Sugar: 5.01g (5.57%), Cholesterol: 132.24mg (44.08%), Sodium: 1142.16mg (49.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Vitamin B3: 9.96mg (49.78%), Selenium: 32.3µg (46.14%), Iron: 6.9mg (38.31%), Phosphorus: 373.35mg (37.33%), Vitamin B6: 0.64mg (31.97%), Manganese: 0.58mg (28.98%), Vitamin C: 18.16mg (22.01%), Copper: 0.44mg (21.79%), Zinc: 2.88mg (19.2%), Potassium: 584.03mg (16.69%), Vitamin B2: 0.27mg (16.13%), Magnesium: 61.06mg (15.26%), Vitamin B1: 0.15mg (10.08%), Vitamin B5: 0.88mg (8.77%), Calcium: 70.55mg (7.05%), Fiber: 1.75g (7%), Vitamin B12: 0.36µg (6.07%), Vitamin E: 0.78mg (5.18%), Vitamin K: 5.37µg (5.12%), Vitamin A: 248.69IU (4.97%), Folate: 17.05µg (4.26%)