



WHATSheATE



Quick Chicken Paella



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 links chorizo sausage thinly sliced
- ☐ 1 pound chicken breasts boneless skinless cut in bite-sized pieces
- ☐ 1 ounce taco seasoning blend
- ☐ 1 tablespoon vegetable oil
- ☐ 10 ounce rice long grain white cooked birds eye® steamfresh®

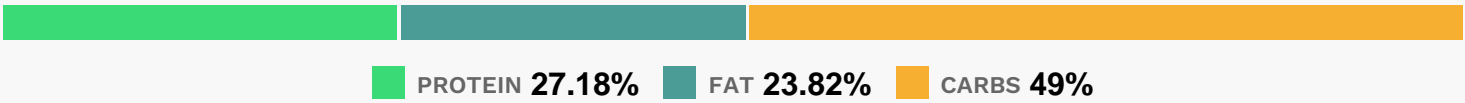
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat and cook chicken and chorizo, stirring frequently, 8 minutes or until chicken is almost done.
- ☐ Stir in Recipe Ready
- ☐ Mixed Vegetables and taco seasoning and cook, stirring occasionally, 5 minutes or until vegetables are tender.*
- ☐ Stir in prepared rice and chicken broth; heat through. Season, if desired, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.03, Glycemic Load:22.8, Inflammation Score:-4, Nutrition Score:15.21521741411%

Nutrients (% of daily need)

Calories: 342.9kcal (17.15%), Fat: 8.88g (13.67%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 38.5g (14%), Sugar: 0.33g (0.37%), Cholesterol: 70.88mg (23.63%), Sodium: 164.21mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.62%), Selenium: 31.62µg (45.17%), Vitamin B3: 8.9mg (44.52%), Manganese: 0.77mg (38.51%), Vitamin B6: 0.69mg (34.65%), Vitamin K: 33.74µg (32.13%), Phosphorus: 220.87mg (22.09%), Vitamin B5: 1.6mg (16.02%), Iron: 2.75mg (15.29%), Potassium: 397.11mg (11.35%), Magnesium: 44.42mg (11.11%), Fiber: 2.62g (10.49%), Calcium: 99.57mg (9.96%), Vitamin E: 1.25mg (8.34%), Vitamin C: 6.7mg (8.12%), Vitamin B2: 0.14mg (7.96%), Copper: 0.16mg (7.86%), Zinc: 1.09mg (7.3%), Vitamin B1: 0.09mg (6.26%), Vitamin A: 261.33IU (5.23%), Folate: 18µg (4.5%), Vitamin B12: 0.16µg (2.59%)