



Quick Paella

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

READY IN



29 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 7 ounce boil-in-bag brown rice (such as Uncle Ben's)
- 14.5 ounce canned tomatoes diced undrained canned
- 1.5 cups edamame frozen shelled
- 24 mussels scrubbed
- 1 tablespoon olive oil
- 0.4 teaspoon salt
- 0.5 teaspoon paprika smoked hot

- 6 ounces chorizo spanish thinly sliced
- 1.5 cups water

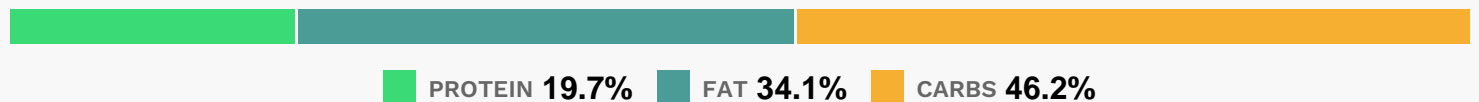
Equipment

- frying pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add oil to pan; swirl to coat.
- Add chorizo to pan; saut 1 minute or until lightly browned, stirring occasionally.
- Remove rice from bags.
- Add rice to pan; saut 1 minute, stirring frequently. Stir in salt, paprika, and pepper; saut 30 seconds.
- Add 1 1/2 cups water and tomatoes; bring to a boil. Cover, reduce heat to medium, and simmer 10 minutes or until rice is tender and liquid is almost absorbed.
- Stir in edamame. Nestle mussels into rice mixture. Cover and cook 4 minutes or until mussels open and liquid is absorbed.
- Remove from heat. Discard any unopened mussels.
- Wine note: Think pink for paella. Crisp, dry Beckmen 2009 Purisima Mountain Vineyard Grenache Ros (Santa Ynez Valley, \$1
- has vibrant red fruit and spice to cover the smoked paprika and chorizo. Great acidity keeps going with the tomatoes, and rich texture wraps around the mussels. --Sara Schneider

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:24.24, Inflammation Score:-7, Nutrition Score:24.527826018955%

Nutrients (% of daily need)

Calories: 475.54kcal (23.78%), Fat: 17.97g (27.65%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 48.79g (17.74%), Sugar: 6.05g (6.72%), Cholesterol: 40.29mg (13.43%), Sodium: 500.8mg (21.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.73%), Manganese: 3.73mg (186.51%), Vitamin B12: 5.88µg (97.92%), Iron: 6.57mg (36.49%), Selenium: 22.57µg (32.25%), Magnesium: 109.7mg (27.42%), Phosphorus: 261.29mg (26.13%), Potassium: 848.68mg (24.25%), Vitamin B1: 0.36mg (24.08%), Fiber: 6.01g (24.02%), Vitamin B6: 0.44mg (21.84%), Vitamin B3: 4.2mg (21.02%), Copper: 0.39mg (19.47%), Vitamin C: 13.37mg (16.21%), Vitamin E: 2.13mg (14.21%), Zinc: 2.08mg (13.9%), Vitamin B5: 1.28mg (12.79%), Vitamin A: 574.98IU (11.5%), Calcium: 113.75mg (11.37%), Folate: 43.99µg (11%), Vitamin B2: 0.18mg (10.64%), Vitamin K: 8.01µg (7.63%)