



## Quick Paella

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

READY IN



**25 min.**

SERVINGS



**6**

CALORIES



**517 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 oz bell pepper frozen
- 1.3 lb cockles scrubbed (1-inch-wide)
- 0.3 cup wine dry white
- 3 garlic clove chopped
- 2 cups rice long-grain white instant
- 1 cup kielbasa low-fat quartered (not )
- 10 fl. oz. chicken broth reduced-sodium
- 3 tablespoons olive oil

- 1 cup peas frozen
- 0.5 cup pimiento stuffed olives green
- 0.1 teaspoon saffron threads crumbled
- 20 medium shrimp raw frozen cleaned

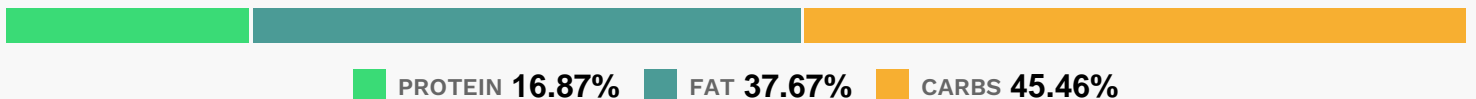
## Equipment

- frying pan

## Directions

- Heat oil in a 12-inch heavy skillet over high heat until just smoking, then sauté garlic and frozen onions and peppers, stirring, until garlic and onions are golden, about 2 minutes.
- Add kielbasa and cook, stirring, until kielbasa is lightly browned, about 2 minutes.
- Add rice, wine, broth, saffron, and shrimp and cook, covered and undisturbed, over high heat until most of liquid is absorbed and shrimp are cooked through, about 6 minutes. Stir in cockles, peas, and olives and cook, covered, until cockles open wide, 2 to 4 minutes. (Discard any cockles that remain unopened after 4 minutes.)
- Remove from heat and let stand, covered, until all liquid is absorbed, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:31.32, Inflammation Score:-7, Nutrition Score:17.187391488448%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 516.63kcal (25.83%), Fat: 21.21g (32.63%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 54.4g (19.78%), Sugar: 2.87g (3.19%), Cholesterol: 81.27mg (27.09%), Sodium: 581.69mg (25.29%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 21.36g (42.73%), Vitamin C: 46.82mg (56.75%), Manganese: 0.87mg (43.47%), Phosphorus: 248.68mg (24.87%), Selenium: 17.08µg (24.4%), Iron: 4.26mg (23.66%), Vitamin A: 1116.86IU (22.34%), Vitamin B1: 0.33mg (21.87%), Vitamin B3: 4.3mg (21.52%), Copper: 0.39mg (19.62%), Vitamin B6: 0.33mg (16.57%), Zinc: 2.33mg (15.56%), Vitamin E: 1.99mg (13.23%), Fiber: 3.18g (12.71%), Potassium: 431.48mg (12.33%), Magnesium: 47.09mg (11.77%), Vitamin K: 11.88µg (11.32%), Vitamin B2: 0.19mg (11.27%), Vitamin B5: 0.93mg (9.34%), Folate: 34.96µg (8.74%), Vitamin B12: 0.44µg (7.26%), Calcium: 67.12mg (6.71%)