



Quick Paella

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup peas fresh sweet green frozen giant® steamers® select® (from 12-oz bag)
- 0.5 lb chicken breast uncooked (not breaded)
- 17.6 oz rice
- 0.3 teaspoon saffron threads crushed
- 2 teaspoons suya seasoning mix salt-free
- 0.8 lb shrimp frozen thawed deveined uncooked peeled
- 0.3 cup water hot

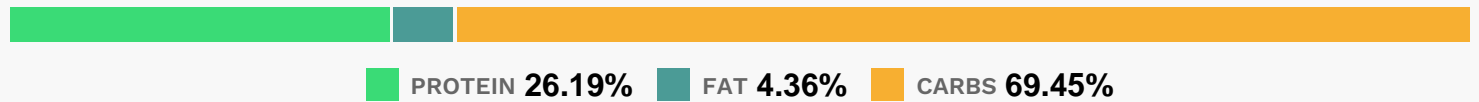
Equipment

- bowl
- frying pan
- wooden spoon

Directions

- In small bowl, mix saffron and hot water; set aside.
- In large bowl, toss shrimp and chicken with seasoning blend until coated. Spray 12-inch skillet with butter-flavor cooking spray; heat over medium-high heat.
- Add shrimp mixture to skillet; spray mixture with cooking spray. Cook 5 minutes, stirring frequently.
- Stir in saffron mixture, rice and peas, breaking up rice with wooden spoon. Cover; cook 3 minutes or until rice and peas are thoroughly heated, shrimp are pink and chicken is no longer pink in center. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:30.09, Glycemic Load:40.51, Inflammation Score:-3, Nutrition Score:14.052608790605%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 408.97kcal (20.45%), Fat: 1.94g (2.98%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 66.89g (24.32%), Sugar: 0.85g (0.95%), Cholesterol: 115.48mg (38.49%), Sodium: 117.16mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.31%), Manganese: 1.06mg (53.09%), Selenium: 24.94µg (35.63%), Phosphorus: 311.84mg (31.18%), Vitamin B3: 5.6mg (28.01%), Vitamin B6: 0.46mg (22.86%), Copper: 0.45mg (22.43%), Magnesium: 59.03mg (14.76%), Vitamin B5: 1.41mg (14.1%), Zinc: 2.08mg (13.87%), Vitamin K: 13.37µg (12.73%), Potassium: 435.43mg (12.44%), Iron: 1.88mg (10.46%), Fiber: 2.47g (9.87%), Calcium: 91.12mg (9.11%), Vitamin B1: 0.12mg (7.83%), Vitamin C: 5.33mg (6.46%), Vitamin B2: 0.1mg (6.07%), Folate: 19.92µg (4.98%), Vitamin E: 0.48mg (3.19%), Vitamin A: 131.75IU (2.63%), Vitamin B12: 0.08µg (1.26%)