



Quick Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1070 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups fish fillet
- ☐ 9 ounce artichoke hearts frozen thawed drained
- ☐ 4 tablespoons olive oil
- ☐ 1 cup peas frozen
- ☐ 1 pound rice (such as Vigo)
- ☐ 8 ounce roasted peppers red drained sliced
- ☐ 0.8 pound sausage cooked cut into chunks
- ☐ 1 pound shrimp peeled

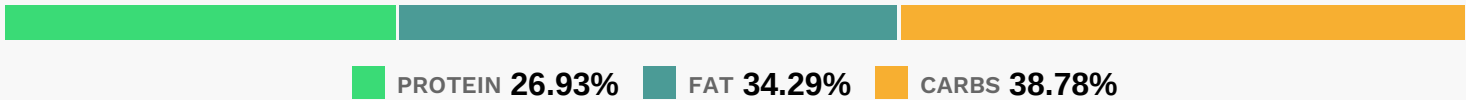
Equipment

☐ frying pan

Directions

- ☐ In a large skillet with a lid, brown the sau-sage in the oil until crispy, about 5 minutes.
- ☐ Add the rice, artichoke hearts, peppers, broth or wine, and 2 cups of water. Bring to a boil.
- ☐ Reduce heat, cover, and simmer until most of the liquid is absorbed, about 20 minutes.
- ☐ Stir in the shrimp and peas. Cover and continue cooking until the shrimp are opaque, 5 to 7 minutes.
- ☐ NOTE
- ☐ If your kids are leery of spicy foods, opt for the garlicky linguiça sausage. If they don't mind a little kick, go for the chorizo.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:55.97, Inflammation Score:-8, Nutrition Score:38.941304497097%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1069.97kcal (53.5%), Fat: 40.49g (62.29%), Saturated Fat: 10.54g (65.86%), Carbohydrates: 103.04g (34.35%), Net Carbohydrates: 96.33g (35.03%), Sugar: 2.19g (2.43%), Cholesterol: 302.95mg (100.98%), Sodium: 1551.32mg (67.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.56g (143.12%), Selenium: 67.52µg (96.46%), Manganese: 1.71mg (85.68%), Phosphorus: 776.48mg (77.65%), Vitamin B3: 12.05mg (60.25%), Vitamin C: 44.84mg (54.35%), Copper: 1.01mg (50.48%), Vitamin B12: 2.59µg (43.2%), Vitamin B6: 0.85mg (42.62%), Zinc: 5.75mg (38.31%), Potassium: 1327.51mg (37.93%), Folate: 151.32µg (37.83%), Magnesium: 147.31mg (36.83%), Vitamin B1: 0.51mg (33.96%), Vitamin D: 4.77µg (31.82%), Fiber: 6.71g (26.83%), Iron: 4.49mg (24.93%), Vitamin B5: 2.48mg (24.76%), Vitamin B2: 0.39mg (22.82%), Vitamin E: 2.82mg (18.82%), Vitamin K: 19.53µg (18.6%), Calcium: 168.38mg (16.84%), Vitamin A: 734.17IU (14.68%)