



## Quick Paella



Gluten Free



Dairy Free



Low Fod Map

READY IN



13 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 pound chicken tenderloins
- ☐ 2 teaspoons southwest chipotle seasoning salt-free (such as Mrs. Dash)
- ☐ 0.5 cup peas green frozen
- ☐ 17.6 ounce microwaveable garden vegetable rice cooked (such as Uncle Ben's Ready Rice)
- ☐ 0.3 teaspoon saffron threads
- ☐ 12 ounces shrimp deveined peeled
- ☐ 0.3 cup water hot

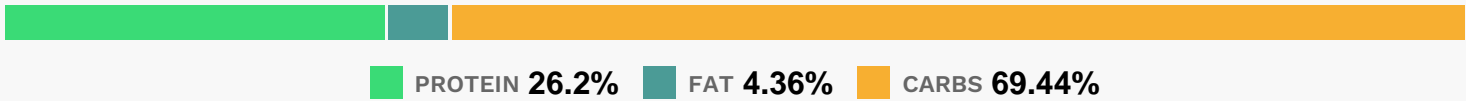
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

## Directions

- ☐ Combine saffron and 1/3 cup hot water in a small bowl.
- ☐ Sprinkle chipotle seasoning over shrimp and chicken in a large bowl; toss well to coat.
- ☐ Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- ☐ Add shrimp mixture to pan; coat mixture with cooking spray. Cook 5 minutes, stirring frequently.
- ☐ Stir in saffron mixture, rice, and peas, breaking up rice with a wooden spoon. Steam, covered, 3 minutes or until rice is thoroughly heated, shrimp and chicken are done, and peas are hot. Fluff with a fork.

## Nutrition Facts



## Properties

Glycemic Index:43.88, Glycemic Load:60.73, Inflammation Score:-4, Nutrition Score:19.17173894592%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 615.03kcal (30.75%), Fat: 2.9g (4.47%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 104.07g (34.69%), Net Carbohydrates: 100.71g (36.62%), Sugar: 2.2g (2.44%), Cholesterol: 173.22mg (57.74%), Sodium: 177.24mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.26g (78.51%), Manganese: 1.47mg (73.49%), Selenium: 37.31µg (53.29%), Phosphorus: 464.11mg (46.41%), Vitamin B3: 8.29mg (41.44%), Vitamin B6: 0.66mg (33%), Copper: 0.66mg (32.87%), Vitamin B5: 2.09mg (20.92%), Magnesium: 81.89mg (20.47%), Zinc: 3.05mg (20.37%), Potassium: 622.1mg (17.77%), Fiber: 3.36g (13.44%), Vitamin B1: 0.17mg (11.45%), Iron: 1.92mg (10.65%), Calcium: 97.32mg (9.73%), Vitamin C: 7.94mg (9.62%), Vitamin B2: 0.14mg (8.34%), Folate: 24.03µg (6.01%), Vitamin K: 4.73µg (4.51%), Vitamin A: 155.7IU (3.11%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.27mg (1.79%)