

Quick Paella



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups chicken broth low-sodium canned
- ☐ 1 tablespoon curry powder
- ☐ 12 mussels fresh
- ☐ 1 cup peas frozen english
- ☐ 7.5 ounce pimientos diced drained
- ☐ 1 cup converted rice uncooked
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce seafood product chunk-style lobster-flavored

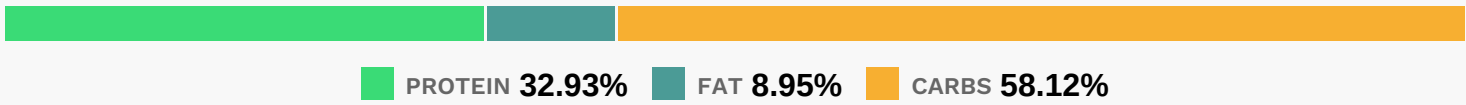
Equipment

- ☐ sauce pan

Directions

- ☐ Remove beards on mussels, and scrub shells with a brush. Discard opened, cracked, or heavy mussels (they're filled with sand). Set aside.
- ☐ Pour broth into a large saucepan, and bring to a boil; add rice, curry powder, and salt. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add mussels, peas, seafood, and pimiento; cook 5 additional minutes or until mussels open and rice is tender. Discard unopened mussels.
- ☐ Serve immediately.
- ☐ Tip: Use converted (parboiled) rice in this recipe so your rice won't be gummy.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:16.71, Inflammation Score:-7, Nutrition Score:14.403912875963%

Nutrients (% of daily need)

Calories: 236.29kcal (11.81%), Fat: 2.36g (3.63%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 34.44g (11.48%), Net Carbohydrates: 31.22g (11.35%), Sugar: 2.81g (3.13%), Cholesterol: 4.57mg (1.52%), Sodium: 862.75mg (37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.03%), Vitamin C: 47.94mg (58.11%), Manganese: 1.07mg (53.26%), Vitamin B12: 2.06µg (34.28%), Vitamin A: 1161.7IU (23.23%), Selenium: 12.64µg (18.06%), Vitamin B3: 2.91mg (14.54%), Iron: 2.48mg (13.78%), Phosphorus: 134.14mg (13.41%), Fiber: 3.23g (12.91%), Vitamin B6: 0.21mg (10.71%), Copper: 0.21mg (10.27%), Vitamin K: 10.65µg (10.15%), Potassium: 315.06mg (9%), Vitamin B2: 0.14mg (8.2%), Vitamin B1: 0.12mg (8.13%), Zinc: 1.12mg (7.45%), Folate: 29.05µg (7.26%), Magnesium: 27.24mg (6.81%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.42mg (4.23%), Calcium: 30.17mg (3.02%)