



Quick Shellfish Paella

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

READY IN



48 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arborio rice
- 1 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes with onion, celery, and bell pepper (such as del monte), undrained canned
- 6 cups less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 0.5 pound mussels scrubbed (15 mussels)
- 1 tablespoon olive oil
- 1 cup onion minced

- 1 cup peas green frozen
- 0.5 teaspoon saffron threads
- 0.5 pound shrimp deveined peeled

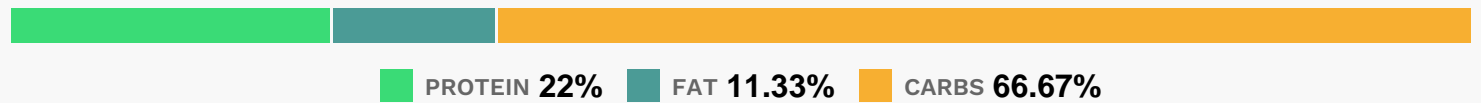
Equipment

- frying pan
- sauce pan

Directions

- Combine first 3 ingredients in a large saucepan. Bring to a boil; reduce heat, and simmer 10 minutes.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Add rice; saut 3 minutes.
- Add broth mixture. Bring to a boil; reduce heat to medium, and simmer 15 minutes.
- Add tomatoes, mussels, and shrimp; cook 5 more minutes or until mussels open, stirring occasionally to break up tomatoes. Stir in peas; cook 1 minute or until thoroughly heated. Discard any unopened shells.
- Let paella stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:62.22, Glycemic Load:34.68, Inflammation Score:-7, Nutrition Score:21.178695346998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 311.93kcal (15.6%), Fat: 3.94g (6.05%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 47.48g (17.27%), Sugar: 5.87g (6.52%), Cholesterol: 66.25mg (22.08%), Sodium: 1122.05mg (48.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.39%), Manganese: 1.53mg (76.59%), Vitamin B12: 2.77µg (46.12%), Folate: 155.64µg (38.91%), Selenium: 22.32µg (31.88%), Vitamin B1: 0.46mg (30.64%), Iron: 4.76mg (26.42%), Vitamin B3: 5.02mg (25.08%), Copper: 0.5mg (24.99%), Phosphorus: 249.17mg (24.92%), Vitamin C: 19.8mg (24%), Fiber: 4.64g (18.55%), Potassium: 574.82mg (16.42%), Vitamin B6: 0.32mg (15.8%), Magnesium: 58.74mg (14.69%), Zinc: 1.96mg (13.04%), Vitamin B5: 1.27mg (12.71%), Vitamin K: 11.72µg (11.16%), Vitamin B2: 0.19mg (11.09%), Vitamin E: 1.34mg (8.93%), Calcium: 78.57mg (7.86%), Vitamin A: 365.51IU (7.31%)