



Quick Shrimp and Chicken Paella



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon saffron threads crushed
- 0.3 cup water hot
- 0.8 lb shrimp frozen thawed deveined uncooked peeled
- 0.5 lb chicken breast uncooked (not breaded)
- 2 teaspoons suya seasoning mix salt-free
- 1 serving pam original flavor shopping list
- 17.6 oz garden peas
- 0.5 cup peas sweet frozen (from 12-oz bag)

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

PROTEIN 65.27% **FAT 13%** **CARBS 21.73%**

Properties

Glycemic Index:19.89, Glycemic Load:0.49, Inflammation Score:-10, Nutrition Score:24.881739336511%

Flavonoids

Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg

Nutrients (% of daily need)

Calories: 132.18kcal (6.61%), Fat: 1.98g (3.05%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.15g (1.87%), Sugar: 4.41g (4.9%), Cholesterol: 115.48mg (38.49%), Sodium: 124.65mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.77%), Vitamin K: 464.01µg (441.91%), Vitamin A: 5883.83IU (117.68%), Vitamin C: 62.71mg (76.01%), Manganese: 0.62mg (30.85%), Phosphorus: 279.41mg (27.94%), Vitamin B6: 0.53mg (26.31%), Vitamin B3: 5.1mg (25.51%), Potassium: 843.74mg (24.11%), Copper: 0.41mg (20.35%), Folate: 79.79µg (19.95%), Selenium: 13.14µg (18.77%), Magnesium: 69.84mg (17.46%), Vitamin B2: 0.28mg (16.39%), Calcium: 135.19mg (13.52%), Iron: 2.3mg (12.77%), Fiber: 2.3g (9.21%), Zinc: 1.37mg (9.1%), Vitamin B1: 0.13mg (8.38%), Vitamin B5: 0.77mg (7.68%), Vitamin E: 0.97mg (6.46%), Vitamin B12: 0.08µg (1.26%)