



Quick Shrimp and Chorizo Paella



Gluten Free



Dairy Free

READY IN



53 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz canned tomatoes diced drained canned
- ☐ 1 pound chorizo sliced
- ☐ 2 cloves garlic minced
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion diced
- ☐ 0.5 teaspoon paprika
- ☐ 1 cup peas frozen

- ☐ 6 servings bell pepper
- ☐ 2 cups rice long-grain
- ☐ 1 pound previously shrimp frozen thawed cooked (not)
- ☐ 1 oz vegetable soup mix

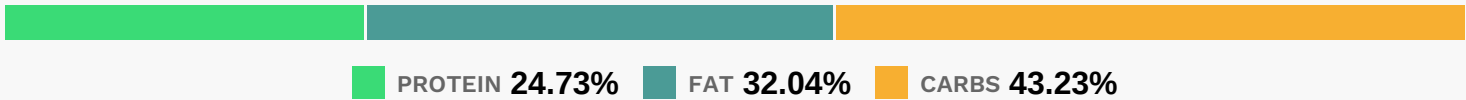
Equipment

- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400F. Warm oil in a Dutch oven over medium-high heat.
- ☐ Add chorizo and saut until it starts to brown, 5 minutes.
- ☐ Add onion and garlic; saut for 2 minutes. Stir in soup mix, paprika and rice; stir well to coat rice in soup mix. Cook for about 1 minute.
- ☐ Pour in broth and bring to a boil. Stir in tomatoes. Bring mixture to a simmer, then cover pot with a tightfitting lid.
- ☐ Transfer to oven and bake for 15 minutes.
- ☐ Add peas and shrimp; cook for 5 minutes more.
- ☐ Remove from oven and let rest for 10 minutes before removing lid. Fluff rice with a fork and season with pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.42, Glycemic Load:33.71, Inflammation Score:-10, Nutrition Score:24.637391505034%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 626.23kcal (31.31%), Fat: 22.2g (34.15%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 61.68g (22.43%), Sugar: 8.78g (9.75%), Cholesterol: 168.96mg (56.32%), Sodium: 236.06mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.08%), Vitamin C: 113.77mg (137.9%), Vitamin A: 3252.29IU (65.05%), Manganese: 1.06mg (53.13%), Phosphorus: 358.63mg (35.86%), Copper: 0.71mg (35.3%), Vitamin B3: 5.3mg (26.48%), Vitamin B6: 0.52mg (26.21%), Potassium: 870.13mg (24.86%), Iron: 4.37mg (24.3%), Fiber: 5.69g (22.77%), Magnesium: 77.78mg (19.44%), Folate: 69.74µg (17.44%), Zinc: 2.59mg (17.26%), Vitamin E: 2.49mg (16.62%), Selenium: 10.51µg (15.02%), Vitamin B1: 0.22mg (14.47%), Vitamin K: 14.87µg (14.16%), Vitamin B2: 0.22mg (13%), Calcium: 114.84mg (11.48%), Vitamin B5: 1.12mg (11.19%), Vitamin B12: 0.16µg (2.62%)