

WEIGHT-LOSS SECRETS
FROM THE HEALTHIEST
NATIONS ON THE PLANET
— UNLOCKED!

Saffron Shrimp Paella

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup arborio rice
- 14.5 ounces chicken broth plus more if needed reduced-sodium canned
- 3 cloves garlic chopped
- 0.3 teaspoon paprika spanish hot
- 0.5 teaspoon olive oil
- 1 small onion chopped
- 0.5 cup peas frozen thawed
- 0.5 bell pepper red chopped

- 0.3 teaspoon saffron threads crumbled
- 2 servings salt and pepper black
- 6 ounces shrimp frozen thawed deveined uncooked cooked peeled (or)

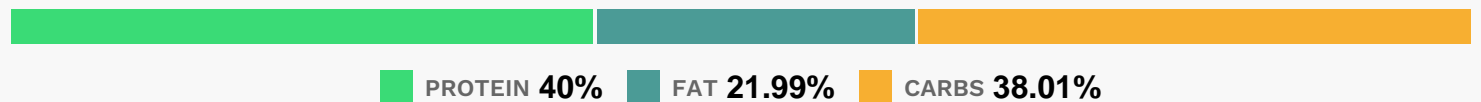
Equipment

- frying pan

Directions

- In a medium heavy skillet with 2-inch sides, warm the oil over medium heat.
- Add the onion and bell pepper. Cook for 6 minutes until softened, stirring often. Stir in the garlic, saffron, paprika, and salt and pepper to taste.
- Add broth and rice.
- Bring to a boil; reduce the heat to low; cover and simmer for 12 minutes until the rice is almost tender. Nestle the shrimp and peas in the rice, and add 1/4 cup (or more) of the broth to moisten. Cover and cook until the shrimp are just opaque in the center, about 5 minutes. Season to taste with salt and pepper.
- Serve.
- Taste
- Book, using the USDA Nutrition Database
- The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved. Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

Nutrition Facts



Properties

Glycemic Index:150.17, Glycemic Load:49.88, Inflammation Score:-9, Nutrition Score:33.590434825939%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 788.42kcal (39.42%), Fat: 18.8g (28.92%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 73.13g (24.38%), Net Carbohydrates: 67.56g (24.57%), Sugar: 4.86g (5.4%), Cholesterol: 239.7mg (79.9%), Sodium: 1291.8mg (56.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.94g (153.87%), Selenium: 50.66µg (72.37%), Vitamin C: 56.59mg (68.59%), Phosphorus: 632.46mg (63.25%), Manganese: 1.12mg (55.81%), Folate: 221.53µg (55.38%), Zinc: 7.75mg (51.67%), Vitamin B3: 9.16mg (45.82%), Iron: 7.16mg (39.77%), Vitamin B6: 0.77mg (38.49%), Vitamin B1: 0.56mg (37.48%), Copper: 0.69mg (34.54%), Vitamin B12: 2.06µg (34.26%), Vitamin A: 1696.89IU (33.94%), Magnesium: 106.71mg (26.68%), Potassium: 822.33mg (23.5%), Fiber: 5.57g (22.27%), Vitamin B2: 0.33mg (19.54%), Vitamin K: 16.19µg (15.42%), Vitamin B5: 1.17mg (11.73%), Calcium: 113.51mg (11.35%), Vitamin E: 1.4mg (9.35%), Vitamin D: 0.21µg (1.37%)