



Salmon Paella Bake

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arborio rice uncooked
- 0.5 cup onion chopped
- 1.8 cups bell pepper red chopped
- 1 teaspoon lemon zest grated
- 0.8 teaspoon salt
- 0.5 teaspoon saffron threads crushed
- 4 cups chicken broth
- 0.5 lb turkey kielbasa smoked cut into 3/4-inch slices

- 1.5 lb salmon fillet skinless cut into 6 pieces
- 1 tablespoon vegetable oil
- 2 tablespoons parsley fresh italian chopped (flat-leaf)

Equipment

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Place rice, onion, bell pepper, lemon peel, 1/2 teaspoon of the salt and the saffron in baking dish.
- Heat chicken broth to boiling. Stir broth into rice mixture. Arrange kielbasa slices over rice. Cover with foil.
- Bake 20 minutes.
- Arrange salmon over rice; brush fillets with vegetable oil.
- Sprinkle with remaining 1/4 teaspoon salt.
- Bake uncovered 20 to 25 minutes longer or until fish flakes easily with fork, rice is tender and broth is absorbed.
- Sprinkle with parsley.

Nutrition Facts



PROTEIN 30.2% FAT 27.76% CARBS 42.04%

Properties

Glycemic Index:40.5, Glycemic Load:32.14, Inflammation Score:-9, Nutrition Score:34.003043630849%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.81mg, Quercetin: 2.81mg,
Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 446.48kcal (22.32%), Fat: 13.51g (20.78%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 46.03g (15.34%),
Net Carbohydrates: 43.07g (15.66%), Sugar: 4.3g (4.78%), Cholesterol: 85.54mg (28.51%), Sodium: 1377.44mg
(59.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.12%), Vitamin C: 70.31mg (85.23%),
Selenium: 58.07µg (82.96%), Vitamin B3: 13.16mg (65.81%), Vitamin B6: 1.3mg (65.07%), Vitamin B12: 3.8µg
(63.33%), Folate: 171.48µg (42.87%), Vitamin B1: 0.63mg (41.96%), Iron: 7.06mg (39.25%), Vitamin B2: 0.65mg
(38.52%), Phosphorus: 366.49mg (36.65%), Manganese: 0.68mg (33.99%), Vitamin A: 1576.4IU (31.53%), Vitamin K:
28.52µg (27.16%), Vitamin B5: 2.71mg (27.05%), Copper: 0.47mg (23.45%), Potassium: 815.6mg (23.3%),
Magnesium: 62.7mg (15.67%), Zinc: 2.34mg (15.59%), Fiber: 2.96g (11.84%), Vitamin E: 0.98mg (6.55%), Calcium:
37.9mg (3.79%)