



Salmon Paella Bake

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arborio rice uncooked
- 4 cups chicken broth
- 1 teaspoon lemon zest grated
- 0.5 cup onion chopped
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 1.8 cups bell pepper red chopped
- 0.5 teaspoon saffron threads crushed
- 1.5 lb salmon fillet skinless cut into 6 pieces

- 0.8 teaspoon salt
- 0.5 lb turkey sausage smoked cut into 3/4-inch slices
- 1 tablespoon vegetable oil

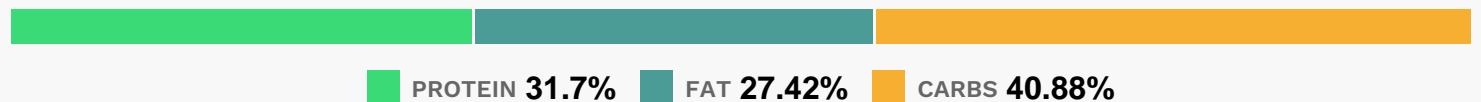
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:40.5, Glycemic Load:32.14, Inflammation Score:-9, Nutrition Score:32.706086469733%

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: 445.35kcal (22.27%), Fat: 13.26g (20.39%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 41.83g (15.21%), Sugar: 3.09g (3.43%), Cholesterol: 93.85mg (31.28%), Sodium: 1149.51mg (49.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.95%), Vitamin C: 59.69mg (72.35%), Selenium: 49.68µg (70.97%), Vitamin B12: 4.13µg (68.81%), Vitamin B3: 13.51mg (67.56%), Vitamin B6: 1.32mg (66.02%), Folate: 170.34µg (42.59%), Vitamin B1: 0.63mg (42.12%), Vitamin B2: 0.68mg (39.88%), Phosphorus: 363.47mg (36.35%), Manganese: 0.69mg (34.39%), Vitamin A: 1550.32IU (31.01%), Vitamin B5: 3.09mg (30.91%), Vitamin K: 28.22µg (26.87%), Potassium: 840.17mg (24%), Copper: 0.46mg (22.98%), Iron: 3.88mg (21.55%), Zinc: 2.69mg (17.93%), Magnesium: 60.43mg (15.11%), Fiber: 2.62g (10.48%), Vitamin E: 1mg (6.65%), Calcium: 37.14mg (3.71%)