



Sausage and Shrimp Paella

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 cups chicken broth (from 32-oz carton)
- 1 teaspoon saffron threads
- 1 lb chorizo sausage cut smoked cooked sliced
- 1 medium bell pepper red cut into thin strips
- 1 medium bell pepper green cut into thin strips
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 14.5 oz tomatoes diced with herbs, undrained canned

- 2.3 cups rice long-grain uncooked
- 1 cup wine dry white
- 0.5 lb shrimp frozen thawed deveined cooked peeled
- 1 cup peas sweet frozen
- 2 tablespoons parsley fresh chopped

Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat broth to boiling. Stir in saffron; set aside.
- Meanwhile, in large paella pan or 3-inch-deep 12-inch ovenproof skillet, cook sausage over medium heat about 5 minutes, stirring occasionally, until brown. Move sausage to one side of pan.
- Add bell peppers and onion to pan. Cook about 5 minutes, stirring occasionally, until crisp-tender. Stir in garlic and tomatoes; heat to boiling. Stir in rice, wine and heated broth mixture; heat to boiling. Reduce heat. Cover and simmer 15 minutes; remove from heat.
- Stir in shrimp and peas. Cover and simmer about 10 minutes or until rice is tender.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:26.38, Inflammation Score:-8, Nutrition Score:14.372608717369%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg,

Apigenin: 2.16mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 371.98kcal (18.6%), Fat: 8.36g (12.87%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 50.34g (16.78%), Net Carbohydrates: 47.33g (17.21%), Sugar: 4.46g (4.96%), Cholesterol: 87.7mg (29.23%), Sodium: 496.37mg (21.58%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 17.08g (34.15%), Vitamin C: 55.63mg (67.43%), Manganese: 0.84mg (41.86%), Vitamin K: 24.44µg (23.28%), Vitamin A: 1091.89IU (21.84%), Phosphorus: 170.86mg (17.09%), Copper: 0.33mg (16.47%), Vitamin B6: 0.29mg (14.35%), Iron: 2.31mg (12.84%), Selenium: 8.85µg (12.64%), Fiber: 3.01g (12.03%), Potassium: 396.09mg (11.32%), Magnesium: 43.58mg (10.9%), Vitamin B3: 2.08mg (10.41%), Vitamin B1: 0.15mg (10.29%), Vitamin B2: 0.16mg (9.66%), Zinc: 1.44mg (9.63%), Folate: 32.14µg (8.03%), Calcium: 79mg (7.9%), Vitamin B5: 0.71mg (7.12%), Vitamin E: 0.77mg (5.14%)