



Seafood Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arborio rice uncooked
- ☐ 1 cup tomatoes diced canned undrained
- ☐ 16 ounce bottled clam juice
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon tarragon dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup parsley fresh chopped
- ☐ 2 large garlic cloves minced

- ☐ 3 garlic cloves minced
- ☐ 1 pound shrimp unpeeled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 16 littleneck clams
- ☐ 1 pound monkfish white firm
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion finely chopped
- ☐ 1 cup peas green frozen
- ☐ 7 ounce pimento drained sliced
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1 teaspoon saffron threads
- ☐ 1 teaspoon paprika sweet
- ☐ 3 cups water

Equipment

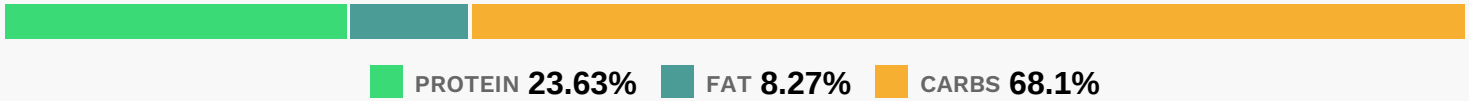
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare broth, combine the first 4 ingredients in a saucepan. Bring to a simmer (do not boil). Keep warm over low heat.
- ☐ To prepare herb blend, combine parsley and next 4 ingredients (parsley through 2 garlic cloves); set aside.
- ☐ To prepare paella, trim connective tissue from monkfish; cut into 1-inch pieces. Peel and devein shrimp, leaving tails intact.
- ☐ Heat 1 tablespoon oil in a large paella pan or large skillet over medium-high heat.
- ☐ Add fish and shrimp; saute 1 minute (the seafood mixture will not be cooked through).
- ☐ Remove seafood mixture from pan, and keep warm.

- ☐ Add onion and bell pepper to pan, and saute 5 minutes.
- ☐ Add the tomatoes, paprika, crushed red pepper, and 3 garlic cloves; cook 5 minutes.
- ☐ Add rice, and cook 1 minute, stirring constantly. Stir in broth, herb blend, and peas. Bring to a low boil, and cook 10 minutes, stirring frequently.
- ☐ Add clams to pan, nestling them into rice mixture. Cook 5 minutes or until shells open; discard any unopened shells. Stir in the seafood mixture, and arrange shrimp, heads down, in rice mixture. Arrange pimento slices spokelike on top of rice mixture; cook 5 minutes.
- ☐ Sprinkle with lemon juice.
- ☐ Remove from heat; cover with a towel and let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:64.92, Glycemic Load:49.65, Inflammation Score:-10, Nutrition Score:35.750434668168%

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 Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 492.04kcal (24.6%), Fat: 4.3g (6.62%), Saturated Fat: 0.84g (5.26%), Carbohydrates: 79.62g (26.54%), Net Carbohydrates: 73.84g (26.85%), Sugar: 7.68g (8.53%), Cholesterol: 101.05mg (33.68%), Sodium: 622.14mg (27.05%), Alcohol: 3.09g (100%), Alcohol %: 0.75% (100%), Protein: 27.63g (55.26%), Vitamin K: 134.48µg (128.07%), Vitamin C: 81.56mg (98.86%), Selenium: 54.32µg (77.59%), Folate: 249.86µg (62.46%), Manganese: 1.14mg (56.96%), Vitamin A: 2419.01IU (48.38%), Vitamin B1: 0.58mg (38.87%), Vitamin B3: 7.68mg (38.39%), Phosphorus: 383.17mg (38.32%), Vitamin B12: 2.02µg (33.61%), Vitamin B6: 0.64mg (32.16%), Iron: 5.75mg (31.95%), Fiber: 5.78g (23.12%), Copper: 0.45mg (22.37%), Potassium: 691.52mg (19.76%), Magnesium: 76.39mg (19.1%), Vitamin B5: 1.72mg (17.16%), Vitamin E: 2.26mg (15.04%), Zinc: 2.25mg (14.98%), Vitamin D: 1.81µg (12.1%), Vitamin B2: 0.2mg (11.62%), Calcium: 94.59mg (9.46%)