



Seafood Paella with Edamame

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup tomatoes diced canned drained
- 1 cup edamame frozen shelled thawed
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon thyme dried fresh chopped
- 1 tablespoon garlic chopped
- 0.7 cup bell pepper diced green
- 2 cups chicken broth low-sodium

- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.7 cup bell pepper diced red
- 0.5 teaspoon saffron threads
- 1 teaspoon salt
- 0.5 pound scallops halved
- 1 cup short grain rice (such as arborio)
- 0.5 pound shrimp shelled deveined

Equipment

- frying pan

Directions

- In a small pan, heat broth; turn off heat.
- Add saffron; let sit. In a large nonstick skillet, heat oil over medium heat. Cook onion and bell peppers, covered, stirring occasionally, 5 minutes.
- Add tomatoes, garlic, thyme, salt and pepper; cook, stirring, until liquid has almost completely reduced, 3 minutes. Stir in rice; cook, stirring, 1 minute.
- Add broth; bring to a boil. Reduce heat; simmer, covered, 15 minutes.
- Add edamame, shrimp and scallops; simmer, covered, until seafood is fully cooked, about 10 minutes.
- Let rest 5 minutes.
- Garnish with cilantro.
- calories, 6 grams fat, 1 grams saturated fat, 50 grams carbohydrate, 4 grams fiber, 27 grams protein
- Self

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:32.74, Inflammation Score:-9, Nutrition Score:22.081739052482%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg
Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 400.11kcal (20.01%), Fat: 6.56g (10.09%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 56.86g (18.95%),
Net Carbohydrates: 51.55g (18.75%), Sugar: 5.24g (5.82%), Cholesterol: 104.89mg (34.96%), Sodium: 954.36mg
(41.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.46%), Vitamin C: 58.69mg (71.14%),
Phosphorus: 427.93mg (42.79%), Manganese: 0.83mg (41.48%), Folate: 151.46µg (37.86%), Iron: 5.76mg (32.01%),
Vitamin B3: 4.76mg (23.81%), Copper: 0.48mg (23.78%), Vitamin B1: 0.36mg (23.7%), Vitamin K: 24.4µg (23.24%),
Potassium: 803.95mg (22.97%), Selenium: 15.41µg (22.01%), Fiber: 5.3g (21.21%), Vitamin A: 960.13IU (19.2%),
Vitamin B6: 0.38mg (18.97%), Vitamin B12: 0.92µg (15.29%), Magnesium: 60.99mg (15.25%), Zinc: 2.24mg (14.92%),
Calcium: 123.3mg (12.33%), Vitamin B5: 0.97mg (9.7%), Vitamin E: 1.28mg (8.56%), Vitamin B2: 0.13mg (7.66%)