



Shortcut Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound chicken tenderloins
- ☐ 16 ounce chorizo sausage sliced
- ☐ 29 ounce chicken broth fat-free low-sodium canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 9 ounce peas sweet green frozen
- ☐ 10 ounce saffron rice
- ☐ 20 ounce rotel mexican festival tomatoes diced with lime juice & cilantro canned
- ☐ 1.5 pounds shrimp fresh unpeeled

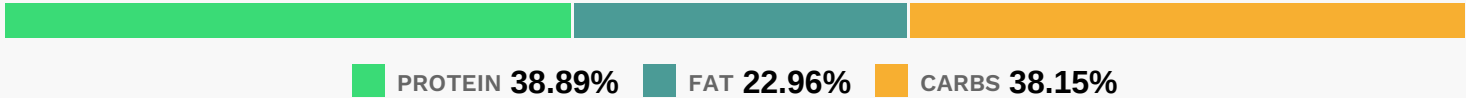
Equipment

☐ frying pan

Directions

- ☐ Peel and devein shrimp, if desired; set shrimp aside.
- ☐ Saut sausage and chicken tenders in a large, deep skillet over medium-high heat 10 minutes.
- ☐ Add tomatoes, chicken broth, and cumin.
- ☐ Bring to a boil. Stir in rice, and cook, uncovered, over medium heat 45 minutes or until liquid is almost absorbed, stirring occasionally. Stir in shrimp and peas, and cook 4 minutes or until shrimp turn pink.
- ☐ Sprinkle with green onions, if desired.
- ☐ *1 (16-ounce) package smoked sausage may be substituted.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:24.38, Inflammation Score:-7, Nutrition Score:22.459999742715%

Nutrients (% of daily need)

Calories: 512kcal (25.6%), Fat: 12.83g (19.73%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 47.94g (15.98%), Net Carbohydrates: 43.94g (15.98%), Sugar: 4.93g (5.47%), Cholesterol: 272.19mg (90.73%), Sodium: 776.11mg (33.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.87g (97.73%), Phosphorus: 495.86mg (49.59%), Vitamin C: 40.2mg (48.73%), Vitamin B3: 9mg (45.02%), Selenium: 29.16µg (41.66%), Manganese: 0.83mg (41.39%), Copper: 0.73mg (36.51%), Vitamin B6: 0.7mg (34.94%), Potassium: 889mg (25.4%), Magnesium: 92.65mg (23.16%), Iron: 3.85mg (21.36%), Zinc: 3.06mg (20.39%), Vitamin A: 835.95IU (16.72%), Vitamin B5: 1.61mg (16.07%), Fiber: 4g (16%), Vitamin B1: 0.24mg (15.71%), Calcium: 150.84mg (15.08%), Vitamin K: 13.46µg (12.82%), Vitamin B2: 0.22mg (12.78%), Folate: 42.64µg (10.66%), Vitamin B12: 0.39µg (6.46%), Vitamin E: 0.86mg (5.75%)