



WHATSheATE



Shrimp and Sausage Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned ()
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1 cup bell pepper green chopped (1 medium)
- ☐ 1.5 cups rice instant
- ☐ 1 cup onion chopped

- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 8 ounces shrimp deveined peeled
- ☐ 6.5 ounces turkey kielbasa spanish cut into 1/2-inch-thick slices
- ☐ 0.8 cup water

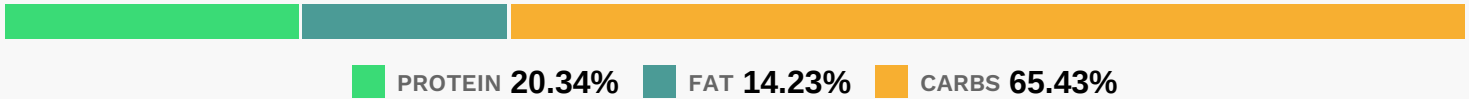
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage to pan; saut 1 minute.
- ☐ Add onion and bell pepper to pan; saut 4 minutes. Stir in garlic, black pepper, and saffron; saut 1 minute. Stir in rice, 3/4 cup water, marjoram, tomatoes, and clam juice; bring to a boil. Cover, reduce heat, and simmer 4 minutes or until rice is almost tender. Stir in shrimp. Cover and simmer 3 minutes or until shrimp are done.

Nutrition Facts



Properties

Glycemic Index:67.05, Glycemic Load:36.67, Inflammation Score:-7, Nutrition Score:17.614782697481%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 463.34kcal (23.17%), Fat: 7.3g (11.24%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 71.07g (25.84%), Sugar: 9.1g (10.11%), Cholesterol: 123.79mg (41.26%), Sodium: 417.71mg (18.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Vitamin C: 54.35mg (65.87%), Manganese: 1.14mg (56.85%), Copper: 0.64mg (31.77%), Phosphorus: 263.37mg (26.34%), Vitamin B6: 0.47mg (23.28%), Potassium: 716.61mg (20.47%), Fiber: 4.48g (17.94%), Magnesium: 69.64mg (17.41%), Selenium: 11.88µg

(16.97%), Iron: 3.05mg (16.94%), Vitamin B3: 2.74mg (13.71%), Vitamin A: 678.15IU (13.56%), Zinc: 1.99mg (13.27%), Calcium: 124.07mg (12.41%), Vitamin B1: 0.18mg (12.16%), Vitamin B5: 1.14mg (11.39%), Vitamin E: 1.57mg (10.48%), Folate: 34.91µg (8.73%), Vitamin K: 8.76µg (8.34%), Vitamin B2: 0.12mg (6.97%)