



Shrimp and Scallop Easy Paella

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce canned tomatoes diced with chiles canned
- 6 cups chicken stock see
- 6 ounces dry-cured chorizo spanish sliced
- 4 garlic cloves finely chopped
- 1 pepper green seeded thinly sliced
- 6 servings lemon wedges for decoration
- 3 tablespoons olive oil extra-virgin
- 0.3 cup parsley leaves italian chopped

- 2 pounds shrimp raw peeled
- 1 pepper red seeded thinly sliced
- 1 teaspoon saffron threads spanish
- 6 servings salt and pepper
- 1 pound sea scallops
- 3 tablespoons tomato paste
- 1.5 cups rice white
- 1 medium onion yellow chopped

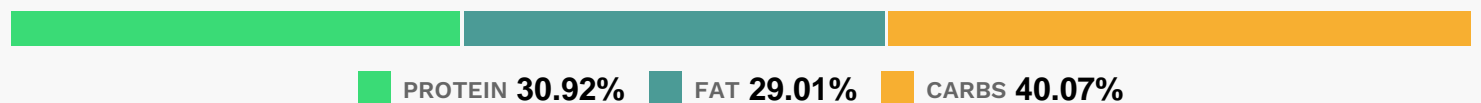
Equipment

- frying pan
- sauce pan
- aluminum foil

Directions

- In a medium saucepan, heat the chicken stock until boiling.
- In a separate large saucepan or paella pan over medium-high heat, heat the oil and add the onion, the garlic, the peppers, the saffron and the chorizo. Cook for 6 minutes or until vegetables are soft and chorizo is browned.
- Stir in the rice, tomatoes and tomato paste until well mixed and cook for 5 minutes.
- Add the boiling chicken stock little by little, stirring each addition constantly until the stock is almost absorbed.
- Cover the paella pan with aluminum foil, and cook for 20 to 25 minutes, until rice is tender.
- Add the shrimp and the scallops and let cook covered for 5 to 7 minutes more.
- Decorate with the chopped parsley and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:66.45, Glycemic Load:24.69, Inflammation Score:-9, Nutrition Score:32.875217883483%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 600.26kcal (30.01%), Fat: 18.98g (29.21%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 58.99g (19.66%), Net Carbohydrates: 55.92g (20.33%), Sugar: 9.06g (10.07%), Cholesterol: 233.57mg (77.86%), Sodium: 1821.79mg (79.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.52g (91.05%), Selenium: 67.81µg (96.87%), Phosphorus: 780.8mg (78.08%), Vitamin C: 54.87mg (66.51%), Vitamin K: 65.82µg (62.69%), Vitamin B12: 2.74µg (45.74%), Vitamin B3: 8.94mg (44.72%), Manganese: 0.78mg (39.24%), Vitamin B6: 0.76mg (38.1%), Copper: 0.67mg (33.74%), Vitamin A: 1582.48IU (31.65%), Vitamin E: 4.48mg (29.87%), Potassium: 982.17mg (28.06%), Magnesium: 92.36mg (23.09%), Zinc: 3.34mg (22.26%), Folate: 83.47µg (20.87%), Vitamin B2: 0.33mg (19.44%), Iron: 3.36mg (18.66%), Vitamin B1: 0.23mg (15.33%), Calcium: 141.55mg (14.16%), Vitamin B5: 1.38mg (13.75%), Fiber: 3.07g (12.29%), Vitamin D: 0.15µg (1.01%)