



So-Easy Paella

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

READY IN



70 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 32 oz chicken broth
- 0.5 pound chorizo sausage sliced
- 3.5 cups meat from a rotisserie chicken cooked chopped
- 2 teaspoons garlic minced
- 2 lemons cut into wedges
- 0.8 lb mussels fresh
- 10 oz onion diced green red frozen

- 1 cup peas green frozen
- 10 oz saffron rice
- 1 pound shrimp fresh unpeeled

Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- Peel shrimp, reserving shells, and set shrimp aside.
- Bring shrimp shells and chicken broth to a boil in a large saucepan over medium-high heat; reduce heat, and simmer 5 minutes.
- Remove from heat, and let stand 10 minutes.
- Pour mixture through a fine wire-mesh strainer into a bowl; discard shells.
- Saut sausage and frozen vegetables in a paella pan or large heavy skillet over medium heat until vegetables are tender; add garlic, and cook 1 minute. Stir in rice; cook, stirring to coat, 1 minute. Stir in shrimp broth and pepper; cover, reduce heat, and simmer 15 minutes.
- Remove pan from heat; stir in shrimp and chicken.
- Sprinkle peas evenly over mixture; arrange mussels around outside of pan, hinge ends down.
- Cook, covered, over medium-low heat 20 minutes or until liquid is absorbed and mussel shells are open. (Discard any unopened mussels.)
- Serve paella with lemon wedges.
- Note: For testing purposes only, we used McKenzie's Seasoning Blend for frozen diced onion, red and green bell pepper, and celery.

Nutrition Facts



PROTEIN 38.99% FAT 22.06% CARBS 38.95%

Properties

Glycemic Index:31.63, Glycemic Load:18.79, Inflammation Score:-6, Nutrition Score:21.686086903448%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 382.02kcal (19.1%), Fat: 9.24g (14.22%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 33.83g (12.3%), Sugar: 3.09g (3.44%), Cholesterol: 165.56mg (55.19%), Sodium: 600.86mg (26.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.53%), Vitamin C: 57.16mg (69.29%), Manganese: 1.36mg (67.92%), Vitamin B12: 2.8µg (46.71%), Selenium: 31.13µg (44.48%), Phosphorus: 359.28mg (35.93%), Vitamin B3: 6.57mg (32.86%), Vitamin B6: 0.46mg (23.07%), Copper: 0.44mg (22.06%), Zinc: 2.8mg (18.67%), Iron: 3.14mg (17.44%), Potassium: 568.68mg (16.25%), Magnesium: 62.16mg (15.54%), Vitamin B2: 0.26mg (15.3%), Vitamin B1: 0.2mg (13.48%), Vitamin B5: 1.18mg (11.85%), Fiber: 2.9g (11.6%), Vitamin A: 481.4IU (9.63%), Calcium: 86.46mg (8.65%), Folate: 33.34µg (8.34%), Vitamin K: 7.39µg (7.04%), Vitamin E: 0.4mg (2.67%)