



Spanish rice & prawn one-pot



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion sliced
- ☐ 1 bell pepper green red deseeded sliced
- ☐ 50 g chorizo sliced
- ☐ 2 garlic clove crushed
- ☐ 1 tbsp olive oil
- ☐ 250 g rice (we used Tilda)
- ☐ 400 g canned tomatoes chopped canned
- ☐ 200 g shrimp raw frozen peeled

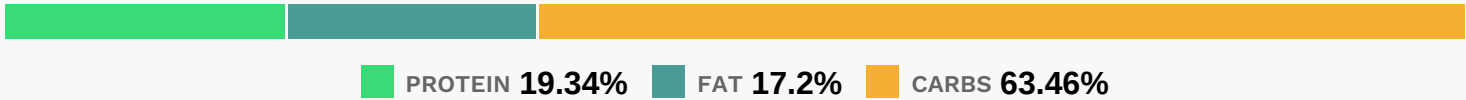
Equipment

☐ frying pan

Directions

- ☐ Boil the kettle. In a non-stick frying or shallow pan with a lid, fry the onion, peppers, chorizo and garlic in the oil over a high heat for 3 mins. Stir in the rice and chopped tomatoes with 500ml boiling water, cover, then cook over a high heat for 12 mins.
- ☐ Uncover, then stir the rice should be almost tender. Stir in the prawns, with a splash more water if the rice is looking dry, then cook for another min until the prawns are just pink and rice tender.

Nutrition Facts



Properties

Glycemic Index:48.55, Glycemic Load:32.92, Inflammation Score:-6, Nutrition Score:14.407391403032%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 388.46kcal (19.42%), Fat: 7.43g (11.44%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 57.99g (21.09%), Sugar: 6.37g (7.08%), Cholesterol: 88.31mg (29.44%), Sodium: 197.07mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.81g (37.62%), Manganese: 0.98mg (48.82%), Vitamin C: 35.62mg (43.18%), Copper: 0.55mg (27.54%), Phosphorus: 227.1mg (22.71%), Vitamin B6: 0.37mg (18.54%), Potassium: 595.14mg (17%), Fiber: 3.72g (14.87%), Selenium: 10.39µg (14.84%), Magnesium: 59.22mg (14.81%), Iron: 2.51mg (13.92%), Vitamin E: 1.94mg (12.93%), Vitamin B3: 2.41mg (12.04%), Zinc: 1.72mg (11.49%), Vitamin B1: 0.15mg (10.09%), Vitamin B5: 0.98mg (9.84%), Calcium: 95.55mg (9.56%), Vitamin K: 9.81µg (9.34%), Vitamin A: 370.4IU (7.41%), Folate: 26.25µg (6.56%), Vitamin B2: 0.1mg (5.88%)