



Speedy Paella



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces chorizo sausage spanish cut into 1/4-inch-thick slices
- ☐ 8 ounce bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 12 littleneck clams
- ☐ 1 cup onion coarsely chopped (1 medium onion)
- ☐ 0.5 teaspoon paprika hot

- ☐ 0.5 cup peas green frozen
- ☐ 1 cup plum tomatoes chopped (1 tomato)
- ☐ 0.7 cup bell pepper red coarsely chopped (1 small bell pepper)
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup short-grain rice uncooked
- ☐ 0.5 pound shrimp deveined peeled

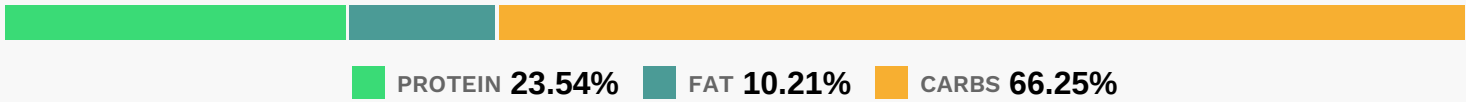
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine wine and saffron threads in a small bowl; let stand 15 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add chorizo; cook 3 minutes, stirring occasionally.
- ☐ Remove chorizo from pan.
- ☐ Add onion and pepper to pan; cook 5 minutes, stirring occasionally. Stir in paprika, salt, and garlic; cook 1 minute. Return chorizo to pan.
- ☐ Add wine mixture, rice, broth, and clam juice; bring to a boil. Cover, reduce heat, and cook 15 minutes or until most of liquid is absorbed. Stir in tomato, peas, clams, and shrimp. Cover and cook 5 minutes or until clams open; discard any unopened shells.

Nutrition Facts



Properties

Glycemic Index:95.08, Glycemic Load:34.07, Inflammation Score:-9, Nutrition Score:19.768695872763%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 371.73kcal (18.59%), Fat: 3.95g (6.08%), Saturated Fat: 1.92g (12%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 52.96g (19.26%), Sugar: 7.61g (8.46%), Cholesterol: 108.18mg (36.06%), Sodium: 662.8mg (28.82%), Alcohol: 3.09g (100%), Alcohol %: 0.93% (100%), Protein: 20.49g (40.98%), Vitamin C: 57.27mg (69.41%), Manganese: 0.85mg (42.72%), Folate: 161.07µg (40.27%), Vitamin A: 1743.51IU (34.87%), Vitamin B1: 0.41mg (27.1%), Phosphorus: 254.11mg (25.41%), Copper: 0.45mg (22.57%), Iron: 3.69mg (20.48%), Fiber: 4.69g (18.76%), Vitamin B6: 0.37mg (18.29%), Vitamin B3: 3.61mg (18.07%), Selenium: 11.76µg (16.81%), Potassium: 586.43mg (16.76%), Magnesium: 59.25mg (14.81%), Vitamin B12: 0.84µg (14.04%), Zinc: 1.92mg (12.79%), Vitamin K: 10.9µg (10.38%), Vitamin B5: 1mg (9.96%), Calcium: 78.81mg (7.88%), Vitamin B2: 0.12mg (7.15%), Vitamin E: 0.92mg (6.15%)