

food
network



HEALTH SCORE

100%

Spinach Paella



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



2

CALORIES



967 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby spinach fresh
- ☐ 2 olives black
- ☐ 1 pound chicken tenderloins diced
- ☐ 1 bunch cilantro leaves fresh finely chopped
- ☐ 3 cloves garlic minced
- ☐ 2 breadsticks thin
- ☐ 1 jalapeno diced finely
- ☐ 0.5 cup olive oil

- ☐ 1 bell pepper diced red
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 scallions diced finely
- ☐ 1 tube sun-dried tomato paste
- ☐ 1 cup turkey sausage sliced
- ☐ 4 cups water
- ☐ 1 cup rice white
- ☐ 2 packets goya sozan
- ☐ 2 packets goya sozan

Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender

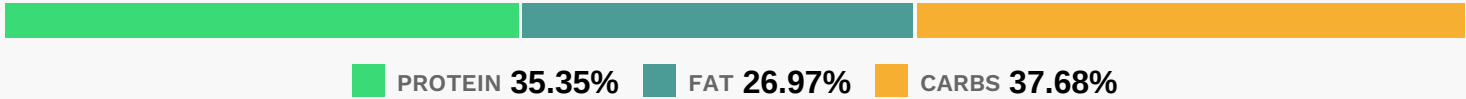
Directions

- ☐ In a large pot, on high heat, heat the olive oil. When pot is hot, add turkey and chicken and saute quickly until golden brown on all sides.
- ☐ Remove the meats and reserve. To the pan, add the peppers, cilantro and garlic and turn heat to medium high. Cook until caramelized.
- ☐ Pour the rice into the pan and coat it with the mixture.
- ☐ Add the 4 cups water, scallions and packets of Sazon. Stir until mixed well and turn the heat to high until the rice begins to boil.
- ☐ Add the meats and simmer until the rice is cooked through and the mixture begins to thicken slightly.
- ☐ Add more water if needed.
- ☐ In a blender, place some of the spinach in and 1/2 cup of water and blend well.
- ☐ Add more spinach as it is blended and more water, if needed. The mixture should be very green and thick. When the rice is done and right before serving add the spinach puree and mix well. Salt and pepper, to taste. Fill 2 round molds with rice, pat down slightly and invert

onto the center of each plate to make drums.

- ☐ Place the olives on the tips of the breadsticks to make drumsticks and write a message on the rim of the plate with the tomato paste.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:141.59, Glycemic Load:47.01, Inflammation Score:-10, Nutrition Score:65.35869555888%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Kaempferol: 14.66mg, Kaempferol: 14.66mg, Kaempferol: 14.66mg, Kaempferol: 14.66mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg

Nutrients (% of daily need)

Calories: 966.92kcal (48.35%), Fat: 28.74g (44.22%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 90.35g (30.12%), Net Carbohydrates: 81.97g (29.81%), Sugar: 4.26g (4.74%), Cholesterol: 233.87mg (77.96%), Sodium: 1259.51mg (54.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.75g (169.51%), Vitamin K: 1144.22µg (1089.73%), Vitamin A: 23784.58IU (475.69%), Vitamin C: 158.37mg (191.97%), Vitamin B3: 33.04mg (165.2%), Manganese: 3.3mg (164.86%), Vitamin B6: 3.08mg (153.78%), Selenium: 89.69µg (128.12%), Folate: 502.06µg (125.52%), Phosphorus: 934.01mg (93.4%), Potassium: 2739mg (78.26%), Magnesium: 301.83mg (75.46%), Vitamin B2: 1.05mg (62.03%), Vitamin B5: 5.8mg (57.95%), Vitamin E: 8.36mg (55.73%), Iron: 9.89mg (54.93%), Zinc: 7.47mg (49.82%), Copper: 0.79mg (39.44%), Vitamin B1: 0.53mg (35.47%), Fiber: 8.38g (33.51%), Vitamin B12: 1.99µg (33.19%), Calcium: 325.54mg (32.55%), Vitamin D: 0.23µg (1.51%)