



Traditional Spanish Paella

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups arborio rice uncooked
- 1 cup tomatoes diced canned undrained
- 48 ounce less-sodium chicken broth fat-free canned
- 1 cup parsley fresh chopped
- 2 large garlic cloves minced
- 3 large garlic cloves minced
- 0.5 pound shrimp unpeeled
- 0.3 cup juice of lemon fresh

- 8 mussels scrubbed
- 1 tablespoon olive oil
- 2 cups onion finely chopped
- 1 cup peas green frozen
- 4 ounce pancetta cut into 1-inch pieces
- 1 cup bell pepper red finely chopped
- 1 teaspoon saffron threads
- 4 skinned cut in half
- 1 teaspoon paprika sweet
- 6.5 ounces turkey kielbasa spanish cut into 1/2-inch-thick slices
- 1 cup water

Equipment

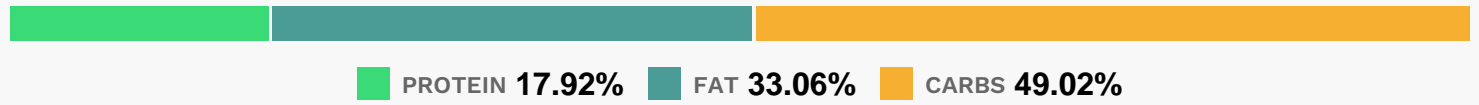
- frying pan
- sauce pan

Directions

- To prepare the herb blend, combine the first 4 ingredients, and set aside.
- To prepare paella, combine water, saffron, and broth in a large saucepan. Bring to a simmer (do not boil). Keep warm over low heat. Peel and devein shrimp, leaving tails intact; set aside.
- Heat 1 tablespoon oil in a large paella pan or large skillet over medium-high heat.
- Add chicken; saute 2 minutes on each side.
- Remove from pan.
- Add sausage and prosciutto; saute 2 minutes.
- Remove from pan.
- Add shrimp, and saute 2 minutes.
- Remove from pan. Reduce heat to medium-low.
- Add onion and bell pepper; saute 15 minutes, stirring occasionally.
- Add tomatoes, paprika, and 3 garlic cloves; cook 5 minutes.

- Add rice; cook 1 minute, stirring constantly. Stir in herb blend, broth mixture, chicken, sausage mixture, and peas. Bring to a low boil; cook 10 minutes, stirring frequently.
- Add mussels to pan, nestling them into rice mixture. Cook 5 minutes or until shells open; discard any unopened shells. Arrange shrimp, heads down, in rice mixture, and cook 5 minutes or until shrimp are done.
- Sprinkle with 1/4 cup lemon juice.
- Remove from heat; cover with a towel, and let stand 10 minutes.
- Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:51.54, Glycemic Load:49.12, Inflammation Score:-9, Nutrition Score:32.438260905121%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 586.44kcal (29.32%), Fat: 21.25g (32.7%), Saturated Fat: 6.75g (42.2%), Carbohydrates: 70.92g (23.64%), Net Carbohydrates: 66.01g (24.01%), Sugar: 4.78g (5.31%), Cholesterol: 118.98mg (39.66%), Sodium: 1070.26mg (46.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.85%), Vitamin K: 132µg (125.72%), Vitamin C: 55.19mg (66.9%), Manganese: 1.31mg (65.72%), Selenium: 41.4µg (59.15%), Folate: 228.92µg (57.23%), Vitamin B3: 8.83mg (44.14%), Vitamin B1: 0.64mg (42.56%), Vitamin A: 1742.8IU (34.86%), Vitamin B12: 2.07µg (34.44%), Phosphorus: 335.25mg (33.53%), Iron: 5.77mg (32.05%), Vitamin B6: 0.64mg (31.92%), Vitamin B5: 2.17mg (21.71%), Fiber: 4.9g (19.61%), Copper: 0.38mg (18.99%), Zinc: 2.64mg (17.59%), Potassium: 571.25mg (16.32%), Magnesium: 61.36mg (15.34%), Vitamin B2: 0.26mg (15.29%), Vitamin E: 1.52mg (10.15%), Calcium: 76.38mg (7.64%)