



Weeknight Paella

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 5.9 oz vermicelli
- ☐ 1 cup bell pepper frozen (from 1-lb bag)
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.8 cup water
- ☐ 1 bay leaves dried
- ☐ 0.5 lb chorizo sausage cut fully cooked cut into bite-size pieces
- ☐ 0.5 cup peas sweet frozen

- ☐ 2 lb rotisserie chicken cut cut into 6 serving pieces
- ☐ 1 cup shrimp frozen thawed deveined cooked peeled

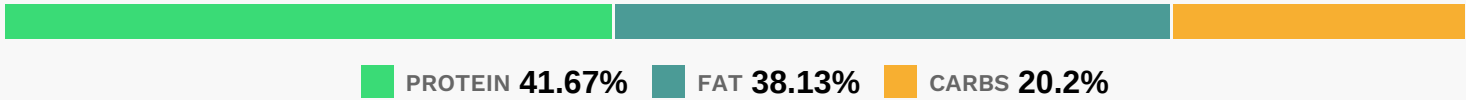
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add rice mix and stir-fry vegetables; cook 2 to 3 minutes, stirring constantly, until rice mix begins to brown.
- ☐ Stir in broth, water, bay leaf and seasoning packet from rice mix.
- ☐ Heat to boiling; reduce heat to low. Cover; simmer 5 minutes.
- ☐ Stir in sausage and peas.
- ☐ Add chicken pieces.
- ☐ Heat to boiling over medium-high heat; reduce heat to low. Cover; simmer 10 minutes. Stir in shrimp. Cover; cook about 5 minutes or until shrimp and chicken are thoroughly heated.
- ☐ Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:13.98, Inflammation Score:-6, Nutrition Score:8.5921739126029%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 534.63kcal (26.73%), Fat: 22.46g (34.56%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 25.12g (9.14%), Sugar: 2.05g (2.28%), Cholesterol: 236.67mg (78.89%), Sodium: 880.06mg (38.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.23g (110.47%), Vitamin C: 43.48mg (52.71%), Vitamin A: 1062.85IU (21.26%), Phosphorus: 149.3mg (14.93%), Manganese: 0.26mg (13.1%), Vitamin K:

12.55µg (11.95%), Copper: 0.22mg (10.82%), Selenium: 4.73µg (6.75%), Zinc: 1mg (6.65%), Fiber: 1.66g (6.64%), Iron: 1.15mg (6.4%), Magnesium: 25.11mg (6.28%), Potassium: 206.77mg (5.91%), Vitamin E: 0.81mg (5.38%), Folate: 20.14µg (5.04%), Vitamin B6: 0.1mg (4.86%), Vitamin B2: 0.08mg (4.84%), Calcium: 46.4mg (4.64%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.71mg (3.54%), Vitamin B5: 0.11mg (1.12%)