

Paella Salad

Easy Summer Entertaining (1991)
Kraft General Foods, Inc.

Servings: 8

1 can (13-3/4 ounce) chicken broth
2/3 cup cold water
2 1/4 cups Minute long grain rice,
uncooked
1/4 teaspoon saffron threads, crushed
3 cups cooked chicken, chopped
2 packages (6 ounce ea) frozen
cooked tiny shrimp, thawed
1 pound smoked sausage, sliced,
halved and browned
2 cups tomato, coarsely chopped
1 package (10 ounce) frozen peas,
thawed and drained
2/3 cup Miracle Whip®
1/4 cup red onion, finely chopped
1/2 teaspoon garlic, minced
salt
pepper

Preparation Time: 20 minutes

In a pot, stir together the broth and water. Bring to a boil. Stir in the rice and saffron. Cover. Remove from the heat. Let stand for 5 minutes or until the liquid is absorbed. Cool.

In a bowl, mix together the remaining ingredients. Stir in the rice mixture.

Per Serving (excluding unknown items): 397 Calories; 29g Fat (66.7% calories from fat); 25g Protein; 7g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 812mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	397	Vitamin B6 (mg):	.5mg
% Calories from Fat:	66.7%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	7.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	29g	Folacin (mcg):	16mcg
			9mg

Saturated Fat (g): 8g
Monounsaturated Fat (g): 9g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 92mg
Carbohydrate (g): 7g
Dietary Fiber (g): 1g
Protein (g): 25g
Sodium (mg): 812mg
Potassium (mg): 385mg
Calcium (mg): 21mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 21mg
Vitamin A (i.u.): 361IU
Vitamin A (r.e.): 39RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 397 **Calories from Fat:** 265

% Daily Values*

Total Fat	29g	45%
Saturated Fat	8g	40%
Cholesterol	92mg	31%
Sodium	812mg	34%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	4%
Protein	25g	
Vitamin A		7%
Vitamin C		36%
Calcium		2%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.