



Artichoke and Kidney Bean Paella



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 2 garlic clove finely chopped
- ☐ 14 ounces vegetable stock canned
- ☐ 1 cup rice long-grain uncooked
- ☐ 1 cup peas green frozen
- ☐ 0.5 teaspoon turmeric
- ☐ 2 drops hot sauce red

- ☐ 2 cups kidney beans red rinsed drained (from 19-oz can)
- ☐ 6 ounces marinated artichoke drained

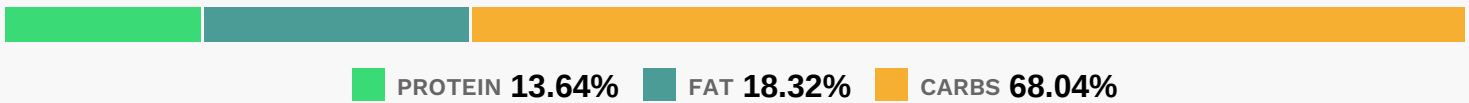
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat. Cook onion and garlic in oil 3 to 4 minutes, stirring frequently, until crisp-tender.
- ☐ Stir in broth and rice.
- ☐ Heat to boiling; reduce heat. Cover and simmer 15 minutes.
- ☐ Stir in remaining ingredients. Cook uncovered 5 to 10 minutes, stirring occasionally, until rice and peas are tender.

Nutrition Facts



Properties

Glycemic Index:60.95, Glycemic Load:29.05, Inflammation Score:-10, Nutrition Score:17.334782641867%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 403.54kcal (20.18%), Fat: 8.17g (12.58%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 57.81g (21.02%), Sugar: 4.54g (5.04%), Cholesterol: 0mg (0%), Sodium: 578.75mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Manganese: 1.14mg (57.23%), Fiber: 10.49g (41.97%), Folate: 146.29µg (36.57%), Vitamin C: 26.88mg (32.58%), Phosphorus: 226.83mg (22.68%), Iron: 3.99mg (22.14%), Vitamin K: 22.87µg (21.78%), Copper: 0.39mg (19.68%), Vitamin B1: 0.28mg (18.88%), Vitamin A: 915.25IU (18.3%), Magnesium: 66.23mg (16.56%), Potassium: 540.54mg (15.44%), Vitamin B6: 0.29mg (14.56%), Zinc: 1.96mg (13.09%), Selenium: 9.02µg (12.89%), Vitamin B3: 2.06mg (10.28%), Vitamin B2: 0.13mg (7.64%), Vitamin B5: 0.74mg (7.35%), Calcium: 63.11mg (6.31%), Vitamin E: 0.42mg (2.77%)