



Paella with Soy Chorizo and Edamame

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



6

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup pieces bell pepper red ()
- 6 ounces meatless soy chorizo (such as Soyrizo)
- 0.5 cup cooking wine dry white
- 1.5 cups edamame green frozen shelled thawed (soybeans)
- 0.3 cup flat-leaf parsley fresh coarsely chopped
- 4 garlic cloves minced
- 0.3 cup green onions chopped
- 2 tablespoons olive oil extra-virgin

- 0.3 teaspoon saffron threads crushed
- 0.3 teaspoon salt
- 2 cups vegetable broth organic
- 2.3 cups onion yellow chopped (1 large)
- 1 cup valencia medium-grain

Equipment

- bowl
- frying pan

Directions

- Heat a large nonstick skillet over medium heat.
- Add soy chorizo to pan, and cook for 12 minutes or until browned, crumbling and stirring occasionally.
- Place in a small bowl, and set aside.
- Return pan to medium heat.
- Add olive oil, swirling to coat.
- Add yellow onion; cover and cook for 10 minutes or until tender, stirring occasionally.
- Add saffron and garlic; cook for 1 minute, stirring constantly.
- Add 1 cup rice and bell pepper; cook for 2 minutes, stirring frequently. Stir in white wine, and cook for 2 minutes or until liquid is nearly absorbed, stirring frequently.
- Add vegetable broth and salt; bring to a simmer. Cover, reduce heat, and simmer for 20 minutes or until rice is tender and liquid is absorbed.
- Return soy chorizo to pan, and stir in edamame. Cook for 5 minutes or until edamame is thoroughly heated, stirring occasionally.
- Sprinkle with chopped parsley and 1/4 cup green onions.

Nutrition Facts



PROTEIN 13.63% FAT 33.37% CARBS 53%

Properties

Glycemic Index:65.5, Glycemic Load:27.04, Inflammation Score:-9, Nutrition Score:14.523912999941%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 364.41kcal (18.22%), Fat: 12.86g (19.78%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 41.58g (15.12%), Sugar: 5.58g (6.2%), Cholesterol: 17.72mg (5.91%), Sodium: 417.81mg (18.17%), Alcohol: 2.06g (100%), Alcohol %: 0.87% (100%), Protein: 11.82g (23.63%), Vitamin K: 54.01µg (51.43%), Vitamin C: 40.96mg (49.65%), Folate: 120.64µg (30.16%), Manganese: 0.58mg (29.15%), Vitamin A: 1299.17IU (25.98%), Iron: 3.78mg (20.99%), Vitamin B1: 0.27mg (18.22%), Fiber: 4.38g (17.51%), Vitamin B6: 0.25mg (12.57%), Potassium: 384.67mg (10.99%), Vitamin B3: 2.02mg (10.12%), Selenium: 6.61µg (9.44%), Vitamin E: 1.12mg (7.46%), Phosphorus: 70.98mg (7.1%), Vitamin B5: 0.69mg (6.94%), Copper: 0.12mg (6.22%), Calcium: 59.2mg (5.92%), Magnesium: 22.65mg (5.66%), Zinc: 0.69mg (4.59%), Vitamin B2: 0.07mg (3.95%)