



HEALTH SCORE

66%

Quick Vegetarian Paella



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup crimini mushrooms sliced
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups bell pepper green chopped (1-inch)

- ☐ 1 teaspoon turmeric crushed
- ☐ 2 cups onion chopped
- ☐ 1 cup peas green frozen
- ☐ 0.5 cup pimiento stuffed olives chopped
- ☐ 3 cups quick-cooking brown rice uncooked
- ☐ 2 cups tomatoes chopped
- ☐ 2 cups vegetable broth fat-free organic (such as Swanson Certified)
- ☐ 1 cup water

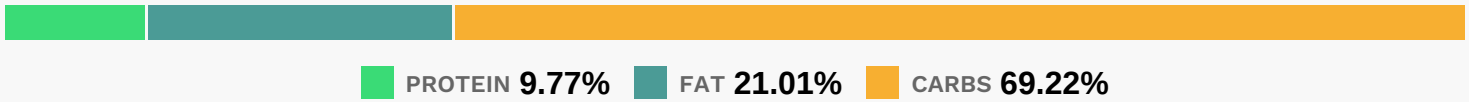
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a stockpot over medium-high heat.
- ☐ Add onion, bell pepper, mushrooms, and garlic; saut 5 minutes. Stir in rice and next 4 ingredients (through thyme); bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Stir in tomato, green peas, olives, 2 tablespoons parsley, black pepper, and artichoke hearts. Cook 3 minutes or until rice is tender and mixture is thoroughly heated.
- ☐ Garnish with additional chopped fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:23.763913044139%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg

Nutrients (% of daily need)

Calories: 368.69kcal (18.43%), Fat: 8.63g (13.28%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 56.16g (20.42%), Sugar: 8.76g (9.73%), Cholesterol: 0mg (0%), Sodium: 522.3mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.07%), Vitamin C: 75.08mg (91%), Folate: 194.73µg (48.68%), Manganese: 0.95mg (47.27%), Vitamin K: 48.37µg (46.07%), Vitamin B1: 0.66mg (44.13%), Selenium: 24.1µg (34.43%), Fiber: 7.83g (31.33%), Vitamin B3: 5.57mg (27.85%), Iron: 4.75mg (26.38%), Vitamin A: 1132.41IU (22.65%), Vitamin B6: 0.41mg (20.72%), Copper: 0.35mg (17.41%), Phosphorus: 159.01mg (15.9%), Potassium: 519.84mg (14.85%), Vitamin E: 1.97mg (13.13%), Zinc: 1.61mg (10.73%), Magnesium: 41.23mg (10.31%), Vitamin B2: 0.17mg (10.23%), Vitamin B5: 0.68mg (6.78%), Calcium: 63.77mg (6.38%)