



Quinoa Vegetable Paella

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can artichoke hearts rinsed cut into quarters
- 14 ounce canned tomatoes diced canned
- 1 dash ground pepper
- 1 cup peas fresh
- 3 cloves garlic minced
- 0.5 teaspoon ground cumin
- 1 onion chopped
- 2 teaspoons paprika smoked spanish

- 1.5 cup quinoa
- 14 ounce kidney beans light red rinsed drained canned
- 0.3 teaspoon saffron threads crushed
- 2.8 cups vegetable stock
- 1 bell pepper red yellow chopped
- 2 medium zucchini halved lengthwise sliced

Equipment

- bowl
- frying pan
- sieve

Directions

- Put the quinoa into a large bowl. Cover with water and stir well to wash the grain.
- Pour off the water and then repeat the washing process. You may also put the quinoa into a fine mesh strainer and rinse thoroughly. Sauté onion and garlic in a deep non-stick skillet with a little water until soft. (I use my deep, 13-inch saute pan for this.)
- Add the quinoa and saffron and cook, stirring, for another 2 minutes.
- Add paprika, cumin, cayenne, tomatoes, peppers, beans, and 2 3/4 cups vegetable broth. Bring to a boil, reduce heat to very low, and cook covered for 15 minutes. After 15 minutes, check to see if more broth is needed. If it looks dry, add the remaining vegetable broth.
- Place the zucchini on top of the quinoa and re-cover. Cook for about 5 more minutes, until quinoa is done.
- Remove the cover, stir in the peas, and cook uncovered until peas are warm and all liquid is absorbed, about 5 minutes. Arrange the artichoke hearts on the top and serve.
- Add salt at the table, if necessary.

Nutrition Facts



Properties

Glycemic Index:58.77, Glycemic Load:6.84, Inflammation Score:-9, Nutrition Score:27.188695700272%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 324.37kcal (16.22%), Fat: 3.6g (5.53%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 59.51g (19.84%), Net Carbohydrates: 46.96g (17.08%), Sugar: 8.22g (9.13%), Cholesterol: 0mg (0%), Sodium: 677.85mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Vitamin C: 66.49mg (80.6%), Manganese: 1.6mg (80.25%), Folate: 213.23µg (53.31%), Fiber: 12.55g (50.2%), Magnesium: 152.88mg (38.22%), Phosphorus: 375.61mg (37.56%), Copper: 0.65mg (32.41%), Iron: 5.75mg (31.96%), Vitamin B6: 0.62mg (31.11%), Potassium: 1022.57mg (29.22%), Vitamin B1: 0.42mg (28.16%), Vitamin A: 1070.73IU (21.41%), Vitamin B2: 0.32mg (18.92%), Zinc: 2.83mg (18.88%), Vitamin K: 18.52µg (17.64%), Vitamin E: 2.2mg (14.69%), Vitamin B3: 2.92mg (14.6%), Calcium: 89.7mg (8.97%), Vitamin B5: 0.9mg (8.97%), Selenium: 5.79µg (8.26%)