



Roasted-Vegetable Paella



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 garlic cloves chopped
- ☐ 1 large bell pepper green cut into strips
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 large onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 3 plum tomatoes chopped
- ☐ 1 large bell pepper red cut into strips
- ☐ 1.3 teaspoons saffron threads
- ☐ 0.5 pound zucchini sliced

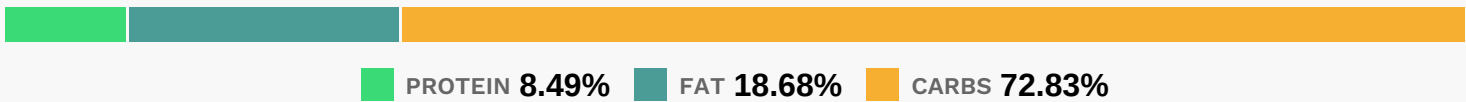
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Bring chicken broth and saffron threads to a boil over medium-high heat; reduce heat, and simmer mixture 20 minutes.
- ☐ Toss together bell pepper strips, sliced zucchini, and 1 tablespoon oil; place in an even layer in a 15- x 10-inch jellyroll pan.
- ☐ Sprinkle evenly with oregano and thyme.
- ☐ Bake at 400 for 25 to 30 minutes or until tender, stirring once.
- ☐ Saut onion, garlic, and jalapeo in remaining 1 tablespoon hot oil in a large skillet over medium heat 20 to 25 minutes or until onion is caramelized.
- ☐ Add tomatoes, and cook, stirring often, 3 to 5 minutes or until liquid is absorbed.
- ☐ Add uncooked rice and chicken broth mixture to skillet; bring to a boil. Cover, reduce heat, and simmer 20 to 30 minutes, stirring once after 15 minutes. Stir in bell pepper and zucchini, and cook 5 minutes.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:32.86, Inflammation Score:-9, Nutrition Score:17.194782759832%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 266.2kcal (13.31%), Fat: 5.55g (8.54%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 44.81g (16.29%), Sugar: 5.26g (5.84%), Cholesterol: 2.35mg (0.78%), Sodium: 444.54mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Vitamin C: 73.17mg (88.69%), Manganese: 0.83mg (41.7%), Folate: 151.22µg (37.8%), Vitamin A: 1331.02IU (26.62%), Vitamin B1: 0.38mg (25.53%), Vitamin B6: 0.38mg (18.78%), Iron: 3.07mg (17.07%), Vitamin B3: 3.16mg (15.8%), Fiber: 3.91g (15.66%), Vitamin K: 15.73µg (14.98%), Selenium: 8.49µg (12.13%), Potassium: 391.05mg (11.17%), Vitamin E: 1.63mg (10.85%), Vitamin B2: 0.18mg (10.48%), Copper: 0.2mg (10.13%), Phosphorus: 97.61mg (9.76%), Vitamin B5: 0.92mg (9.23%), Magnesium: 33.45mg (8.36%), Zinc: 0.99mg (6.62%), Calcium: 37.28mg (3.73%)