



Spring Vegetable Paella

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus cut into 2-inch pieces
- 3 cups cauliflower florets
- 2 teaspoons vegetable oil
- 1 cup bell pepper red chopped
- 1.3 cups zucchini chopped
- 0.5 cup onion chopped
- 4 cups rice long-grain cooked
- 0.8 teaspoon salt

- 0.5 teaspoon turmeric
- 2 cups tomatoes seeded chopped
- 30 oz garbanzo beans rinsed drained canned (garbanzo beans)
- 10 ounces peas green frozen thawed

Equipment

- frying pan
- sauce pan

Directions

- Cook asparagus and broccoli in enough boiling water to cover in 2-quart saucepan about 4 minutes or until crisp-tender; drain.
- Heat oil in 10-inch skillet over medium-high heat. Cook asparagus, broccoli, bell pepper, zucchini and onion in oil about 5 minutes, stirring occasionally, until onion is crisp-tender.
- Stir in remaining ingredients. Cook about 5 minutes, stirring frequently, until hot.

Nutrition Facts

■ PROTEIN **12.95%** ■ FAT **7.63%** ■ CARBS **79.42%**

Properties

Glycemic Index:54.48, Glycemic Load:68.46, Inflammation Score:-10, Nutrition Score:35.716521428979%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg

Nutrients (% of daily need)

Calories: 679.77kcal (33.99%), Fat: 5.78g (8.9%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 135.54g (45.18%), Net Carbohydrates: 120.78g (43.92%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 715.92mg (31.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.21%), Manganese: 3.05mg (152.66%), Vitamin C: 91.62mg (111.05%), Vitamin B6: 1.29mg (64.32%), Fiber: 14.76g (59.03%), Vitamin K: 60.13µg (57.26%), Vitamin A:

2197.43IU (43.95%), Folate: 171.5µg (42.87%), Phosphorus: 400.08mg (40.01%), Copper: 0.79mg (39.37%), Selenium: 24.5µg (35%), Iron: 5.69mg (31.6%), Magnesium: 117.54mg (29.38%), Vitamin B1: 0.44mg (29.35%), Potassium: 1024.72mg (29.28%), Zinc: 3.71mg (24.74%), Vitamin B5: 2.46mg (24.56%), Vitamin B3: 4.82mg (24.08%), Vitamin B2: 0.34mg (19.97%), Calcium: 139.49mg (13.95%), Vitamin E: 1.91mg (12.76%)