



HEALTH SCORE

56%

Spring Vegetable Paella



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus cut into 2-inch pieces
- ☐ 3 cups broccoli
- ☐ 30 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 0.5 cup onion chopped
- ☐ 10 ounces peas green frozen thawed
- ☐ 1 cup bell pepper red chopped
- ☐ 4 cups rice long-grain cooked
- ☐ 0.5 teaspoon turmeric

- ☐ 0.8 teaspoon salt
- ☐ 2 cups tomatoes seeded chopped
- ☐ 2 teaspoons vegetable oil
- ☐ 1.3 cups zucchini chopped

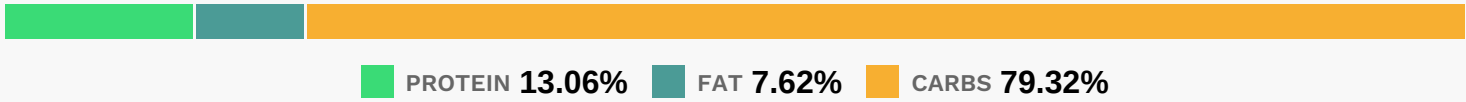
Equipment

- ☐ 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



Properties

Glycemic Index:54.48, Glycemic Load:68.55, Inflammation Score:-10, Nutrition Score:37.781304442364%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg Kaempferol: 4.64mg, Kaempferol: 4.64mg, Kaempferol: 4.64mg, Kaempferol: 4.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 682.23kcal (34.11%), Fat: 5.81g (8.93%), Saturated Fat: 0.91g (5.72%), Carbohydrates: 135.97g (45.32%), Net Carbohydrates: 121.07g (44.03%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 715.44mg (31.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Manganese: 3.07mg (153.4%), Vitamin C: 106.77mg (129.42%), Vitamin K: 97.26µg (92.62%), Vitamin B6: 1.27mg (63.57%), Fiber: 14.9g (59.61%), Vitamin A:

2471.55IU (49.43%), Folate: 170.72µg (42.68%), Phosphorus: 407.12mg (40.71%), Copper: 0.79mg (39.47%), Selenium: 25.3µg (36.14%), Iron: 5.8mg (32.22%), Magnesium: 119.28mg (29.82%), Vitamin B1: 0.45mg (29.77%), Potassium: 1014.26mg (28.98%), Zinc: 3.76mg (25.05%), Vitamin B3: 4.84mg (24.22%), Vitamin B5: 2.37mg (23.75%), Vitamin B2: 0.36mg (21.23%), Calcium: 149.17mg (14.92%), Vitamin E: 2.22mg (14.78%)