



Spring Vegetable Paella



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 cups rice medium-grain
- ☐ 1 pound asparagus trimmed cut into 1-inch pieces
- ☐ 12 ounces baby carrots trimmed peeled (from 4 bunches)
- ☐ 1 cup garbanzo beans canned drained (chickpeas)
- ☐ 0.8 cup wine dry white
- ☐ 2 large fennel bulb fresh trimmed chopped cut into 8 wedges; 2 tablespoons fronds reserved ()
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic clove chopped

- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 1 tablespoon paprika
- ☐ 4 plum tomatoes chopped
- ☐ 8 ounces potatoes – remove skin halved
- ☐ 1 teaspoon saffron threads crushed
- ☐ 1 teaspoon salt
- ☐ 8 ounces turnip peeled cut into 3/4-inch pieces (1 1/2 cups)
- ☐ 14 ounce vegetable stock canned
- ☐ 2 cups water

Equipment

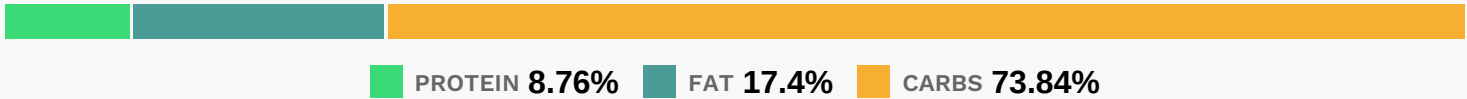
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Toss fennel bulbs, carrots, turnips, potatoes, and 1/4 cup oil in large bowl.
- ☐ Sprinkle generously with salt and pepper.
- ☐ Transfer to large rimmed baking sheet. Roast until tender and brown around edges, about 1 hour.
- ☐ Finely mince 1/4 cup parsley and garlic together.
- ☐ Transfer to small bowl. Stir in paprika, saffron and 1 teaspoon salt.
- ☐ Heat 3 tablespoons oil in large skillet over medium-high heat.
- ☐ Add onion and sauté until soft, about 8 minutes.
- ☐ Add tomatoes; sauté 2 minutes.

- ☐ Add rice and parsley mixture; stir 2 minutes. Stir in broth, water, and wine; bring to boil. Reduce heat to low, cover and simmer 15 minutes. Stir in asparagus, garbanzo beans, and roasted vegetables. Increase heat to medium-low; cover and simmer until liquid is absorbed, stirring often, about 20 minutes. Season paella with salt and pepper.
- ☐ Transfer to large platter.
- ☐ Sprinkle with fennel fronds and remaining parsley.

Nutrition Facts



Properties

Glycemic Index:90.72, Glycemic Load:61.28, Inflammation Score:-10, Nutrition Score:36.510434565337%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg, Quercetin: 15.01mg

Nutrients (% of daily need)

Calories: 567.32kcal (28.37%), Fat: 10.69g (16.44%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 102.06g (34.02%), Net Carbohydrates: 90.06g (32.75%), Sugar: 11.99g (13.32%), Cholesterol: 0mg (0%), Sodium: 858.46mg (37.32%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 12.11g (24.23%), Vitamin A: 9772.66IU (195.45%), Vitamin K: 137.74µg (131.18%), Manganese: 1.77mg (88.46%), Folate: 314.36µg (78.59%), Vitamin B1: 0.72mg (48.26%), Fiber: 12g (48%), Vitamin C: 37.28mg (45.18%), Iron: 7.89mg (43.85%), Vitamin B6: 0.67mg (33.33%), Potassium: 1155.93mg (33.03%), Vitamin B3: 6.29mg (31.44%), Copper: 0.63mg (31.29%), Phosphorus: 262.45mg (26.25%), Selenium: 17.68µg (25.25%), Vitamin B5: 2.14mg (21.44%), Vitamin E: 3.2mg (21.36%), Magnesium: 83.82mg (20.96%), Zinc: 2.3mg (15.33%), Vitamin B2: 0.26mg (15.18%), Calcium: 125.36mg (12.54%)