



Spring-Vegetable Paella



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus cut into 2-inch pieces
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 clove garlic minced
- ☐ 6.5 ounces marinated artichoke hearts drained sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 cup peas frozen

- ☐ 0.3 cup pimientos jarred drained sliced chopped (one 4-ounce jar)
- ☐ 2 cups rice medium-grain such as arborio
- ☐ 1.3 teaspoons salt
- ☐ 1 tomatoes peeled chopped
- ☐ 0.3 teaspoon turmeric
- ☐ 1 cup water

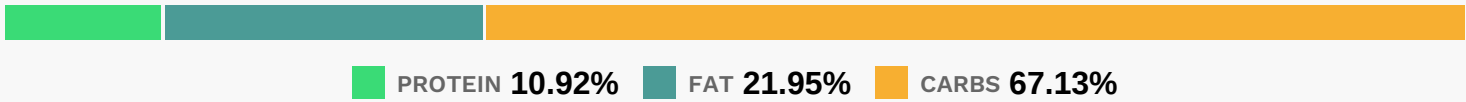
Equipment

- ☐ frying pan

Directions

- ☐ In a large frying pan, heat the oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the pimientos, tomato, and garlic and cook, stirring occasionally, for 2 minutes.
- ☐ Stir in the salt, turmeric, and rice.
- ☐ Add the chicken broth, water, and parsley and bring to a boil. Continue cooking over moderate heat, stirring frequently, until most of the liquid has been absorbed by the rice, about 7 minutes.
- ☐ Stir in the asparagus, peas, artichokes, and beans. Reduce the heat and simmer, covered, for 15 minutes.
- ☐ Remove from the heat and let stand, covered, for 10 minutes before serving.
- ☐ Wine Recommendation: Sauvignon blanc is almost alone in its ability to match both artichokes and asparagus, two normally troubling foods for wines. Pungent, yet balanced, a sauvignon blanc from New Zealand is what you want here.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:47.47, Inflammation Score:-10, Nutrition Score:25.909130562907%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 13.72mg, Quercetin: 13.72mg, Quercetin: 13.72mg, Quercetin: 13.72mg

Nutrients (% of daily need)

Calories: 543.36kcal (27.17%), Fat: 13.24g (20.37%), Saturated Fat: 2g (12.5%), Carbohydrates: 91.12g (30.37%), Net Carbohydrates: 84.34g (30.67%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 974.59mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.65%), Vitamin K: 163.68µg (155.88%), Vitamin C: 56.32mg (68.26%), Manganese: 1.36mg (68.12%), Vitamin A: 2373.8IU (47.48%), Vitamin B3: 5.63mg (28.16%), Fiber: 6.78g (27.13%), Copper: 0.52mg (26.25%), Phosphorus: 251.82mg (25.18%), Selenium: 16.21µg (23.15%), Iron: 4.15mg (23.07%), Folate: 82.59µg (20.65%), Vitamin B6: 0.39mg (19.49%), Vitamin B1: 0.28mg (18.46%), Potassium: 645.7mg (18.45%), Vitamin B2: 0.26mg (15.1%), Zinc: 2.17mg (14.46%), Vitamin E: 2.13mg (14.2%), Magnesium: 56.56mg (14.14%), Vitamin B5: 1.23mg (12.28%), Calcium: 89.33mg (8.93%), Vitamin B12: 0.18µg (2.95%)