



 **70%**
HEALTH SCORE

Vegetable Paella

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup rice long-grain white uncooked
- 2 cups water
- 1 lb asparagus cut into 2-inch pieces
- 3 cups broccoli florets fresh
- 2 teaspoons canola oil
- 1 cup bell pepper red chopped
- 1.3 cups zucchini chopped
- 0.5 cup onion chopped

- 0.5 teaspoon salt
- 0.5 teaspoon turmeric
- 1.5 cups tomatoes seeded chopped
- 30 oz garbanzo beans rinsed drained canned
- 10 oz peas sweet frozen thawed drained

Equipment

- frying pan
- sauce pan

Directions

- Cook rice in water as directed on package; set aside and keep warm.
- In 2-quart saucepan, heat 1 inch water to boiling.
- Add asparagus and broccoli; return to boiling. Boil about 4 minutes or until crisp-tender; drain.
- In 10-inch skillet, heat oil over medium-high heat.
- Add asparagus, broccoli, bell pepper, zucchini, onion, salt and saffron; cook 5 minutes, stirring occasionally, until onion is crisp-tender.
- Stir in remaining ingredients.

Nutrition Facts



PROTEIN 18.55% **FAT 13.64%** **CARBS 67.81%**

Properties

Glycemic Index:54.48, Glycemic Load:20.22, Inflammation Score:-10, Nutrition Score:32.698260970738%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg, Isorhamnetin: 4.98mg Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg, Kaempferol: 4.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg

Nutrients (% of daily need)

Calories: 313.27kcal (15.66%), Fat: 4.96g (7.63%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 41.98g (15.27%), Sugar: 8.14g (9.05%), Cholesterol: 0mg (0%), Sodium: 617.36mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.35%), Vitamin C: 106.4mg (128.98%), Manganese: 1.97mg (98.33%), Vitamin K: 95.9µg (91.33%), Vitamin B6: 1.1mg (54.99%), Fiber: 13.49g (53.96%), Vitamin A: 2377.47IU (47.55%), Folate: 161.78µg (40.45%), Phosphorus: 289.89mg (28.99%), Copper: 0.57mg (28.75%), Iron: 4.97mg (27.64%), Potassium: 874.31mg (24.98%), Vitamin B1: 0.37mg (24.86%), Magnesium: 93.96mg (23.49%), Vitamin B2: 0.31mg (18.31%), Zinc: 2.66mg (17.71%), Vitamin B3: 3.18mg (15.88%), Selenium: 10.2µg (14.58%), Vitamin E: 2.16mg (14.41%), Vitamin B5: 1.36mg (13.56%), Calcium: 122.88mg (12.29%)