



WHATSheATE



HEALTH SCORE

100%

Vegetarian Paella



Vegetarian



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bunch asparagus ends trimmed cut into 2-inch pieces



2 bay leaves



14 ounce canned tomatoes diced canned



1 cup carrots sliced



2 cups rice cooked



0.3 cup parsley leaves fresh chopped



2 cloves garlic minced



1 cup marinated artichoke hearts quartered

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup peas green frozen
- ☐ 6 to 8 saffron threads
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 ounces soy sausage cut into 1-inch pieces
- ☐ 1 cup baby squash sliced
- ☐ 0.5 cup vegetable broth reduced-sodium
- ☐ 1 cup baby squash yellow sliced

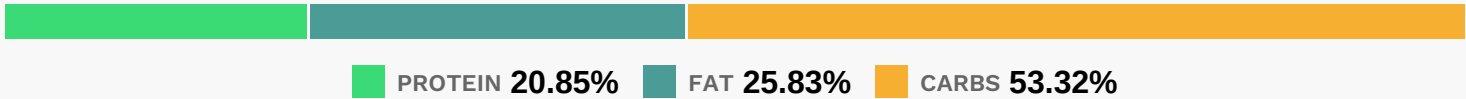
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a large paella pan or skillet over medium-high heat.
- ☐ Add soy sausage and garlic and cook 2 minutes.
- ☐ Add artichokes, squash, zucchini, carrots, asparagus, peas, tomatoes, saffron, paprika, and bay leaves, bring to a simmer and cook 5 minutes.
- ☐ Add rice and broth and cook for 5 minutes, until liquid is absorbed.
- ☐ Remove from heat, remove bay leaves and stir in parsley. Season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:120.29, Glycemic Load:28.73, Inflammation Score:-10, Nutrition Score:43.598260838053%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 15.83mg, Quercetin: 15.83mg, Quercetin: 15.83mg, Quercetin: 15.83mg

Nutrients (% of daily need)

Calories: 385.32kcal (19.27%), Fat: 11.25g (17.31%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 40.85g (14.85%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 729.69mg (31.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.43g (40.86%), Vitamin B6: 32.07mg (1603.44%), Vitamin B12: 62.99µg (1049.88%), Vitamin B2: 12.91mg (759.19%), Vitamin A: 11268.61IU (225.37%), Vitamin K: 125.1µg (119.15%), Iron: 17.87mg (99.28%), Vitamin C: 52.76mg (63.95%), Manganese: 1.05mg (52.28%), Fiber: 11.41g (45.63%), Folate: 115.32µg (28.83%), Potassium: 987.85mg (28.22%), Copper: 0.55mg (27.41%), Vitamin B1: 0.38mg (25.08%), Vitamin E: 3.71mg (24.71%), Vitamin B3: 3.97mg (19.84%), Magnesium: 74.72mg (18.68%), Phosphorus: 182.94mg (18.29%), Selenium: 9.94µg (14.2%), Calcium: 124.19mg (12.42%), Vitamin B5: 1.21mg (12.14%), Zinc: 1.77mg (11.8%)