



 **100%**
HEALTH SCORE

Vegetarian Paella

 Vegetarian  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



591 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
- 2 cups rice cooked
- 2 cups rice cooked
- 0.3 cup parsley fresh chopped

- 2 cloves garlic minced
- 1 cup marinated artichoke quartered
- 2 teaspoons olive oil
- 0.5 teaspoon paprika
- 0.5 cup peas green frozen
- 6 saffron threads
- 4 servings 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 to 3 sized squashes yellow sliced

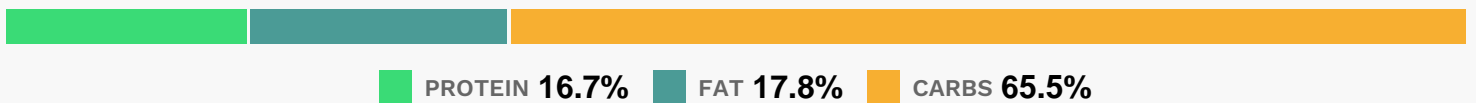
Equipment

- 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:174.79, Glycemic Load:76.56, Inflammation Score:-10, Nutrition Score:47.764347739842%

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: 590.72kcal (29.54%), Fat: 11.69g (17.99%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 96.77g (32.26%), Net Carbohydrates: 84.73g (30.81%), Sugar: 11.23g (12.48%), Cholesterol: 0mg (0%), Sodium: 731.27mg (31.79%), Alcohol: 0g (100%), Protein: 24.68g (49.36%), Vitamin B6: 32.22mg (1610.79%), Vitamin B12: 62.99µg (1049.88%), Vitamin B2: 12.93mg (760.4%), Vitamin A: 11268.61IU (225.37%), Vitamin K: 125.1µg (119.15%), Iron: 18.19mg (101.04%), Manganese: 1.79mg (89.57%), Vitamin C: 52.76mg (63.95%), Fiber: 12.04g (48.16%), Copper: 0.66mg (32.86%), Selenium: 21.79µg (31.13%), Folate: 120.06µg (30.01%), Potassium: 1043.15mg (29.8%), Vitamin B1: 0.41mg (27.19%), Vitamin E: 3.77mg (25.13%), Phosphorus: 250.88mg (25.09%), Magnesium: 93.68mg (23.42%), Vitamin B3: 4.6mg (23%), Vitamin B5: 1.83mg (18.3%), Zinc: 2.54mg (16.97%), Calcium: 139.99mg (14%)