



Grilled Vegetable Paella



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 10 ounce artichoke quarters frozen
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 garlic cloves minced
- ☐ 1 bell pepper green
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 1.3 cups peas green frozen thawed

- ☐ 4 plum tomatoes chopped
- ☐ 1 bell pepper red
- ☐ 1 small onion red sliced quartered
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 6 cups vegetable broth
- ☐ 2 small baby squash yellow halved

Equipment

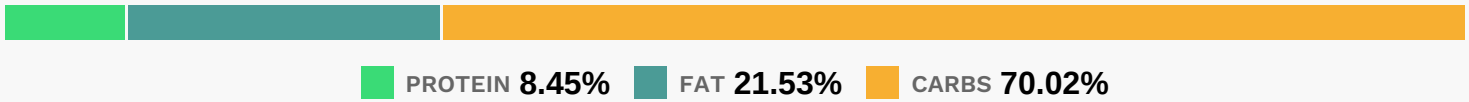
- ☐ baking sheet
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a baking sheet; flatten with hand.
- ☐ Prepare grill.
- ☐ Place pepper halves and squash halves on grill rack coated with cooking spray; grill 5 minutes. Turn squash halves (do not turn pepper halves), and grill 5 minutes; remove peppers and squash from grill. (Peppers will be blackened.)
- ☐ Place peppers in a zip-top plastic bag; seal bag.
- ☐ Let stand 15 minutes. Peel peppers, and cut into 1-inch pieces.
- ☐ Cut squash into 1-inch pieces.
- ☐ Bring broth and saffron to a simmer in a large saucepan. (Do not boil.) Keep warm over low heat.
- ☐ Heat oil in a large Dutch oven over medium- high heat.
- ☐ Add onion golden, stirring frequently.

- ☐ Add garlic and rice; cook 2 minutes, stirring frequently. Reduce heat to medium. on; cook 3 minutes or until onion is
- ☐ Stir in 2 cups broth mixture; cook 10 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly; cook until each portion of broth mixture is absorbed before adding the next (about 30 minutes total).
- ☐ Remove from heat.
- ☐ Add peppers, squash, tomato, and remaining ingredients during last 5 minutes of cooking time.
- ☐ Remove from heat; cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:76.22, Glycemic Load:35.36, Inflammation Score:-9, Nutrition Score:18.628260996031%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 320.79kcal (16.04%), Fat: 7.67g (11.79%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 56.08g (18.69%), Net Carbohydrates: 50.16g (18.24%), Sugar: 8.14g (9.04%), Cholesterol: 0mg (0%), Sodium: 1218.81mg (52.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin C: 67.6mg (81.94%), Manganese: 0.86mg (43.14%), Folate: 167.43µg (41.86%), Vitamin A: 1890.8IU (37.82%), Vitamin B1: 0.43mg (28.72%), Fiber: 5.91g (23.66%), Vitamin B6: 0.4mg (20%), Vitamin K: 18.82µg (17.93%), Vitamin B3: 3.45mg (17.28%), Iron: 3.09mg (17.15%), Phosphorus: 122.08mg (12.21%), Selenium: 8.5µg (12.15%), Potassium: 424.75mg (12.14%), Copper: 0.23mg (11.6%), Vitamin E: 1.73mg (11.56%), Magnesium: 39.52mg (9.88%), Vitamin B2: 0.16mg (9.28%), Vitamin B5: 0.89mg (8.89%), Zinc: 1.24mg (8.25%), Calcium: 29.9mg (2.99%)