

Vegetable Paella

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

90 min.

SERVINGS

servings

8

CALORIES

calories

427 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 baby artichokes trimmed halved (see Cook's Note)
- ☐ 0.3 cup capers drained
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 cups cooking wine dry white
- ☐ 1 large bulb fennel cut into 8 wedges
- ☐ 3 cloves garlic finely chopped
- ☐ 1 large baby eggplant cut into 2-inch pieces
- ☐ 8 servings kosher salt

- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 small onion finely chopped
- ☐ 1.5 teaspoons paprika
- ☐ 0.3 cup roasted peppers red cut into strips
- ☐ 1 teaspoon saffron threads
- ☐ 4 ounces mushroom caps stemmed
- ☐ 2.5 cups short-grain paella rice
- ☐ 4 ounces string beans halved
- ☐ 8 vine-ripened plum tomatoes

Equipment

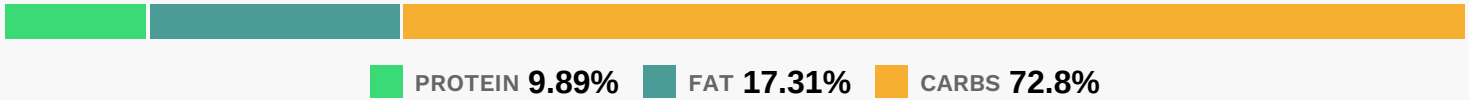
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 450 degrees. Core the tomatoes, cut into wedges and place in a medium bowl; season with salt, drizzle with a bit of olive oil and toss. Set aside.
- ☐ Heat 1/4 cup olive oil in a 12-inch ovenproof skillet or a paella pan over medium-high heat.
- ☐ Add the onion, garlic, paprika, cayenne and saffron and season with salt. Cook, stirring occasionally, until the onion softens, about 5 minutes.
- ☐ Add the fennel wedges and cook until lightly browned on one side, about 5 minutes. Flip the fennel and add the baby artichokes and eggplant to the skillet; cook until slightly tender, about 4 more minutes.
- ☐ Add the mushrooms and cook for 1 to 2 minutes.
- ☐ Pour in the wine and simmer until reduced by about one-third. Stir in the rice and 1 3/4 teaspoons salt; add just enough water to cover the rice completely, 2 1/2 to 3 cups. Increase the heat to high and boil for 2 to 3 minutes. Scatter the haricots verts and 2 tablespoons capers over the rice.
- ☐ Remove the pan from the heat and arrange the tomatoes on top; drizzle with any tomato juices.

- ☐
- Transfer the paella to the oven and bake, undisturbed, for 20 minutes. Scatter the remaining 2 tablespoons capers and the piquillo peppers over the paella. Turn off the oven but leave the paella inside to continue cooking until the rice is tender, 15 to 20 more minutes.
- ☐
- Garnish with parsley, if desired
- ☐
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:42.2, Inflammation Score:-9, Nutrition Score:21.484782628391%

Flavonoids

Delphinidin: 24.21mg, Delphinidin: 24.21mg, Delphinidin: 24.21mg, Delphinidin: 24.21mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

Nutrients (% of daily need)

Calories: 426.53kcal (21.33%), Fat: 7.67g (11.79%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 72.53g (24.18%), Net Carbohydrates: 61.67g (22.43%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 540.01mg (23.48%), Alcohol: 6.18g (100%), Alcohol %: 1.76% (100%), Protein: 9.86g (19.71%), Manganese: 1.1mg (54.79%), Folate: 187.97µg (46.99%), Fiber: 10.86g (43.42%), Vitamin A: 2168.49IU (43.37%), Vitamin K: 41.22µg (39.26%), Vitamin C: 27.74mg (33.63%), Vitamin B1: 0.44mg (29.28%), Iron: 5.27mg (29.27%), Vitamin B3: 4.51mg (22.56%), Potassium: 676.39mg (19.33%), Vitamin B6: 0.38mg (18.87%), Copper: 0.31mg (15.72%), Selenium: 10.99µg (15.7%), Phosphorus: 149.43mg (14.94%), Vitamin E: 2.13mg (14.18%), Vitamin B5: 1.36mg (13.63%), Magnesium: 53.45mg (13.36%), Zinc: 1.32mg (8.83%), Vitamin B2: 0.15mg (8.55%), Calcium: 80.91mg (8.09%)