



Asparagus-and-Green Onion Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice uncooked short-grain
- ☐ 0.5 pound asparagus fresh cut into 1-inch pieces
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.8 cup green onions chopped
- ☐ 5 cups chicken broth low-sodium
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 6 servings garnish: parmesan cheese fresh shaved

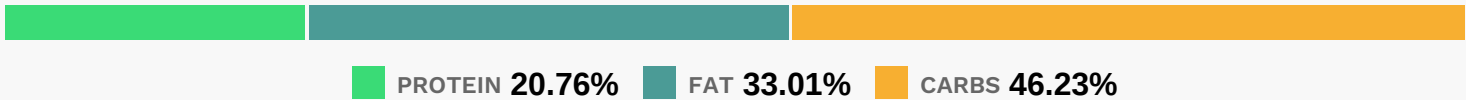
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in a large heavy saucepan over medium heat; add green onions and thyme, and saut 1 minute or until onions are soft.
- ☐ Add rice, stirring to coat.
- ☐ Add 2 1/2 cups broth, and bring to a boil. Reduce heat to medium-low; simmer, stirring occasionally, 15 minutes.
- ☐ Add 1/2 cup broth, and cook, stirring constantly, until liquid is absorbed. Repeat procedure with remaining broth, 1/2 cup at a time. (Total cooking time is about 20 minutes.)
- ☐ Stir in asparagus. Simmer 3 to 5 more minutes or until asparagus is tender and mixture is creamy. Stir in Parmesan cheese.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:31.98, Inflammation Score:-8, Nutrition Score:18.059564942899%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 396.64kcal (19.83%), Fat: 14.6g (22.46%), Saturated Fat: 8.62g (53.9%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 43.48g (15.81%), Sugar: 1.5g (1.67%), Cholesterol: 35.27mg (11.76%), Sodium: 670.1mg (29.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Calcium: 433.54mg (43.35%), Vitamin K: 42.53µg (40.51%), Phosphorus: 375.5mg (37.55%), Folate: 145.8µg (36.45%), Manganese: 0.61mg (30.59%), Vitamin B3: 5.28mg (26.38%), Selenium: 17.24µg (24.62%), Vitamin B1: 0.36mg (23.8%), Iron: 3.82mg (21.24%), Vitamin A:

817.28IU (16.35%), Vitamin B2: 0.27mg (15.73%), Copper: 0.3mg (14.99%), Zinc: 2.07mg (13.82%), Vitamin B12: 0.64µg (10.66%), Potassium: 357.95mg (10.23%), Fiber: 2.54g (10.17%), Magnesium: 36.76mg (9.19%), Vitamin B5: 0.92mg (9.16%), Vitamin B6: 0.18mg (8.99%), Vitamin C: 4.73mg (5.74%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.18µg (1.19%)