



Asparagus Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups vegetable broth reduced-sodium (from 32-oz carton)
- ☐ 3 cups water
- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup carrots shredded
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup vegetable broth dry white reduced-sodium
- ☐ 12 oz arborio rice uncooked

- ☐ 0.3 teaspoon coarse salt (kosher or sea salt)
- ☐ 9 oz asparagus frozen organic thawed cascadian farm®
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 cup parmesan fresh shredded

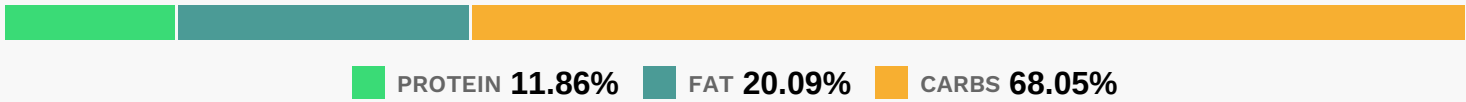
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 3- to 4-quart saucepan, heat broth and water to boiling. Reduce heat; simmer while preparing risotto.
- ☐ Meanwhile, in 10-inch skillet, melt butter over medium heat.
- ☐ Add onion, carrot and garlic; cook 2 to 3 minutes, stirring occasionally, until onion and carrot are tender. Stir in wine; cook 1 minute or until wine boils. Stir in rice, salt and 1 cup simmering liquid. Cook until liquid is absorbed into rice, stirring frequently. Continue to add liquid, 1 cup at a time, cooking until liquid is absorbed and stirring frequently.
- ☐ When 4 cups liquid have been absorbed, stir in asparagus. Test rice for doneness, and continue adding 1/2 cup liquid at a time until rice is tender but still firm and creamy (process takes 15 to 20 minutes).
- ☐ Remove skillet from heat. Stir in pine nuts and cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.97, Glycemic Load:43.62, Inflammation Score:-9, Nutrition Score:17.404782682657%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg, Isorhamnetin: 3.71mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg,

Kaempferol: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 360.6kcal (18.03%), Fat: 8.03g (12.35%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 56.9g (20.69%), Sugar: 2.83g (3.15%), Cholesterol: 6.8mg (2.27%), Sodium: 317.02mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Manganese: 1.19mg (59.52%), Folate: 190.08µg (47.52%), Vitamin A: 1634.8IU (32.7%), Vitamin B1: 0.49mg (32.67%), Iron: 4.35mg (24.15%), Vitamin K: 24.48µg (23.32%), Selenium: 13.98µg (19.98%), Phosphorus: 192.93mg (19.29%), Vitamin B3: 3.59mg (17.95%), Fiber: 4.26g (17.03%), Copper: 0.33mg (16.54%), Calcium: 146.46mg (14.65%), Vitamin B5: 1.12mg (11.2%), Vitamin B6: 0.22mg (10.94%), Zinc: 1.63mg (10.85%), Magnesium: 41.41mg (10.35%), Vitamin B2: 0.16mg (9.25%), Vitamin E: 1.11mg (7.37%), Potassium: 237.72mg (6.79%), Vitamin C: 4.83mg (5.86%), Vitamin B12: 0.12µg (2.05%)