



## Asparagus Risotto



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 4 cups chicken stock see for vegetarian option (or vegetable stock )
- ☐ 2 Tbsp butter unsalted divided
- ☐ 0.5 cup shallots chopped
- ☐ 1 cup arborio rice
- ☐ 0.3 cup cooking wine dry white (or 1 Tbsp lemon juice and 3 Tbsp water)
- ☐ 0.5 pound asparagus with thick apparatus spears), and the spears cut into thin disks trimmed peeled
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 servings salt and pepper

# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

# Directions

- ☐ Heat the stock in a small saucepan until it comes to a low simmer.
- ☐ Cook shallots in butter to soften, then add rice: In a separate 3 or 4 quart saucepan, heat 1 tablespoon butter on medium heat.
- ☐ Add the shallots and cook for a minute or two, until translucent.
- ☐ Add the arborio rice and cook for 2 minutes more, stirring until nicely coated.
- ☐ Add the white wine. Slowly stir, allowing the rice to absorb the wine.
- ☐ Add the stock, 1/2 cup at a time, adding only after the previous addition has been absorbed by the rice: Once the wine is almost completely absorbed, add 1/2 cup of hot stock to the rice. Continue to stir until the liquid is almost completely absorbed, adding more stock in 1/2 cup increments. Stir often to prevent the rice from sticking to the bottom of the pan.
- ☐ Continue cooking and stirring rice, adding a little bit of broth at a time, cooking and stirring until it is absorbed, until the rice is tender, but still firm to the bite, about 20–25 minutes.
- ☐ Add the asparagus: With the last ladle of stock, add the asparagus. Stir and cook for a couple of minutes, until the risotto has absorbed the stock, but is still loose, and the asparagus are just cooked through.
- ☐ Note the stock amount given is approximate. You may need a little more or less. If you end up needing more stock and you find yourself without, just use water.
- ☐ Stir in the Parmesan, remaining butter, add salt, pepper: Turn off the heat. Gently stir in the Parmesan cheese and the remaining 1 tablespoon butter.
- ☐ Add salt and pepper to taste.
- ☐ Serve immediately.

# Nutrition Facts



 **PROTEIN 10.94%**  **FAT 26.28%**  **CARBS 62.78%**

Properties

Glycemic Index:102, Glycemic Load:68.49, Inflammation Score:-10, Nutrition Score:29.176086902618%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg

Nutrients (% of daily need)

Calories: 678.43kcal (33.92%), Fat: 19.23g (29.59%), Saturated Fat: 11.36g (71.03%), Carbohydrates: 103.39g (34.46%), Net Carbohydrates: 96.32g (35.02%), Sugar: 11.1g (12.33%), Cholesterol: 52.28mg (17.43%), Sodium: 2524.72mg (109.77%), Alcohol: 3.09g (100%), Alcohol %: 0.48% (100%), Protein: 18.02g (36.03%), Folate: 312.3µg (78.08%), Manganese: 1.45mg (72.31%), Vitamin B1: 0.77mg (51.44%), Vitamin A: 2431.86IU (48.64%), Vitamin K: 49.19µg (46.84%), Iron: 7.56mg (42.02%), Selenium: 27.34µg (39.06%), Phosphorus: 356.76mg (35.68%), Fiber: 7.07g (28.3%), Calcium: 279.33mg (27.93%), Vitamin B3: 5.4mg (26.99%), Vitamin B6: 0.51mg (25.7%), Copper: 0.49mg (24.5%), Zinc: 3.08mg (20.54%), Vitamin B5: 1.88mg (18.8%), Vitamin B2: 0.32mg (18.55%), Potassium: 573.36mg (16.38%), Magnesium: 63.34mg (15.83%), Vitamin C: 11.08mg (13.43%), Vitamin E: 1.76mg (11.75%), Vitamin B12: 0.36µg (6.03%), Vitamin D: 0.34µg (2.25%)