



WHATSheATE



Asparagus Risotto with a Poached Egg



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice (or other medium or short grained rice)
- ☐ 1 pound asparagus cleaned trimmed cut into 1 inch pieces)
- ☐ 1 tablespoon butter
- ☐ 2 cups chicken broth cooked (or vegetable broth, or the water that you the asparagus in, warm)
- ☐ 4 eggs
- ☐ 1 clove garlic chopped ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion diced ()

- ☐ 0.5 cup parmigiano reggiano grated ()
- ☐ 4 servings salt & pepper to taste
- ☐ 0.5 cup white wine

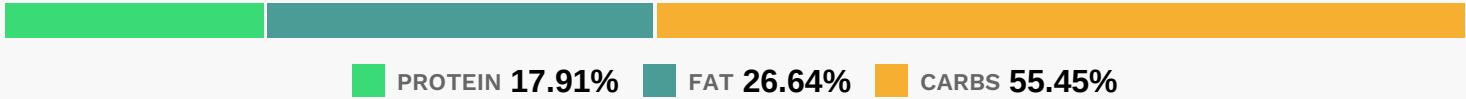
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook the asparagus in boiling water until it turns dark green, about 1–2 minutes, remove it from the heat, give it a cold water bath to stop the cooking process and set it aside. (I pureed half of the asparagus to give the risotto a nice green colour.)
- ☐ Melt the butter in large sauce pan.
- ☐ Add the onion and saute until tender, about 5 minutes.
- ☐ Add the garlic and saute until fragrant, about 1 minute.
- ☐ Add the rice and stir to coat with the butter.
- ☐ Add the wine, deglaze the pan and stir while simmering until it is gone.
- ☐ Add 1/2 cup of the stock at a time and stir while simmering until it is gone. Continue until the rice is cooked al dente.
- ☐ Mix in the parmigiano reggiano and butter and stir until melted.
- ☐ Remove from heat and mix in the lemon and the asparagus. 1
- ☐ Bring a large pot of water to a boil and reduce the heat to medium. 1
- ☐ Swirl the water in the pot. 1
- ☐ Crack an egg into a bowl and pour the egg from the bowl into the water. Repeat for the remaining eggs. 1
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out. 1
- ☐ Split the risotto among 4 plates and top with the poached eggs.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:33.49, Inflammation Score:-9, Nutrition Score:22.116087312284%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 21.47mg, Quercetin: 21.47mg, Quercetin: 21.47mg, Quercetin: 21.47mg

Nutrients (% of daily need)

Calories: 382.11kcal (19.11%), Fat: 10.69g (16.44%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 45.78g (16.65%), Sugar: 4.95g (5.5%), Cholesterol: 179.71mg (59.9%), Sodium: 954.56mg (41.5%), Alcohol: 3.09g (100%), Alcohol %: 0.97% (100%), Protein: 16.17g (32.34%), Folate: 202.42µg (50.61%), Vitamin K: 48.01µg (45.72%), Manganese: 0.8mg (39.83%), Selenium: 26.79µg (38.27%), Vitamin B1: 0.48mg (32.26%), Iron: 5.57mg (30.95%), Vitamin A: 1531.1IU (30.62%), Phosphorus: 296mg (29.6%), Vitamin B2: 0.44mg (25.94%), Calcium: 212.92mg (21.29%), Copper: 0.37mg (18.5%), Vitamin B5: 1.75mg (17.46%), Fiber: 4.28g (17.1%), Vitamin B6: 0.33mg (16.7%), Vitamin B3: 3.31mg (16.53%), Zinc: 2.17mg (14.47%), Vitamin E: 1.86mg (12.43%), Vitamin C: 10.07mg (12.21%), Potassium: 408.48mg (11.67%), Magnesium: 44.39mg (11.1%), Vitamin B12: 0.55µg (9.13%), Vitamin D: 0.94µg (6.28%)