



Asparagus Risotto with Crab and Orange Gremolada

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 1 pound asparagus whole cut into 1/2-inch lengths, tips left
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cooking oil
- ☐ 0.5 pound crab meat
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 small onion chopped
- ☐ 1 teaspoon orange zest grated (from)
- ☐ 1.3 teaspoons salt
- ☐ 1 quart veggie broth low-sodium homemade canned
- ☐ 0.5 cup vermouth dry white dry
- ☐ 1.5 cups water

Equipment

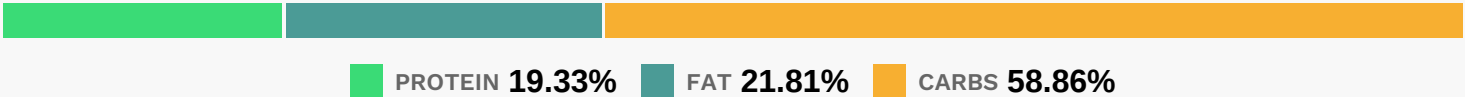
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring the broth and water to a simmer in a medium pot. Cook the asparagus in the broth until just done, about 4 minutes.
- ☐ Remove with a slotted spoon. Put in a colander, rinse with cold water, and drain. Keep the broth at a simmer.
- ☐ In a large pot, melt 1 tablespoon of the butter with the oil.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the rice and stir until it begins to turn opaque, about 2 minutes.
- ☐ Add the vermouth and salt. Cook, stirring, until the vermouth is absorbed.
- ☐ Add about 1/2 cup of the simmering broth; cook, stirring frequently, until absorbed. The rice and broth should bubble gently; adjust the heat as needed. Continue cooking, adding broth 1/2 cup at a time and letting the rice absorb it before adding more. Cook the rice in this way until tender, 25 to 30 minutes in all. The broth that isn't absorbed should be thickened by the starch from the rice. You may not need all of the liquid, or you may need more broth or water.
- ☐ Stir in the asparagus, crab, orange zest, garlic, parsley, pepper, and the remaining 1 tablespoon butter. Cook until heated through.
- ☐ Wine Recommendation: Asparagus is hard to pair with wine; it combines with any bitter elements to produce a metallic taste. That means no tannins and definitely no oak. Go for a

crisp, unoaked Italian sauvignon blanc from Friuli or Collio.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:48.27, Inflammation Score:-9, Nutrition Score:34.108695652174%

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 Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg, Isorhamnetin: 7.34mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 19.45mg, Quercetin: 19.45mg, Quercetin: 19.45mg, Quercetin: 19.45mg

Nutrients (% of daily need)

Calories: 493.77kcal (24.69%), Fat: 11.52g (17.73%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 69.96g (23.32%), Net Carbohydrates: 64.94g (23.61%), Sugar: 3.52g (3.91%), Cholesterol: 38.86mg (12.95%), Sodium: 1328.75mg (57.77%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 22.97g (45.94%), Vitamin K: 112.08µg (106.74%), Vitamin B12: 5.35µg (89.19%), Folate: 266.92µg (66.73%), Manganese: 1.08mg (54.17%), Copper: 1.05mg (52.51%), Selenium: 34.99µg (49.98%), Vitamin B1: 0.63mg (41.81%), Vitamin B3: 8.18mg (40.9%), Iron: 6.83mg (37.94%), Zinc: 5.19mg (34.6%), Phosphorus: 342.29mg (34.23%), Vitamin A: 1365IU (27.3%), Vitamin C: 17.75mg (21.51%), Fiber: 5.02g (20.07%), Vitamin B6: 0.4mg (19.98%), Potassium: 683.39mg (19.53%), Vitamin B2: 0.31mg (18.17%), Magnesium: 71.64mg (17.91%), Vitamin B5: 1.55mg (15.45%), Vitamin E: 2.09mg (13.94%), Calcium: 85.78mg (8.58%)