



Baked asparagus risotto



Gluten Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tsp olive oil
- ☐ 1 small onion chopped
- ☐ 300 g arborio rice
- ☐ 400 ml asparagus canned
- ☐ 850 ml vegetable stock
- ☐ 1 small bunch parsley chopped
- ☐ 300 g asparagus ends trimmed
- ☐ 10 cherry tomatoes halved

☐

25 g parmesan grated (or vegetarian alternative)

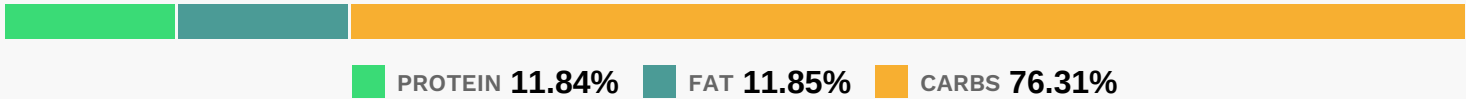
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Heat the oil in an ovenproof casserole dish, add the onion and cook for 5 mins until softened.
- ☐ Add the rice and cook for 1 min more, stirring to coat in the oil. Tip in the soup and stock, season and stir well to combine, then bring to the boil. Cover and place in the oven.
- ☐ Bake for 15 mins, then remove the dish from the oven, give the rice a good mix, stirring in the parsley.
- ☐ Place the asparagus and tomatoes on top of the rice. Return to the oven, uncovered, for a further 15 mins. Scatter with the cheese to serve.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:49.15, Inflammation Score:-10, Nutrition Score:27.9599999994739%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 5.15mg, Isorhamnetin: 5.15mg, Isorhamnetin: 5.15mg, Isorhamnetin: 5.15mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 14.37mg, Quercetin: 14.37mg, Quercetin: 14.37mg, Quercetin: 14.37mg

Nutrients (% of daily need)

Calories: 368.98kcal (18.45%), Fat: 4.89g (7.52%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 70.81g (23.6%), Net Carbohydrates: 65.16g (23.7%), Sugar: 5.78g (6.42%), Cholesterol: 4.25mg (1.42%), Sodium: 1122.62mg (48.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin K: 291.01µg (277.15%), Folate: 294.74µg (73.68%), Vitamin A: 2939.56IU (58.79%), Manganese: 1.08mg (54.19%), Vitamin C: 43.54mg (52.78%), Vitamin B1:

0.6mg (40.13%), Iron: 7.09mg (39.37%), Vitamin B3: 4.81mg (24.04%), Fiber: 5.65g (22.59%), Selenium: 15.73µg (22.48%), Copper: 0.42mg (20.78%), Phosphorus: 203.22mg (20.32%), Vitamin B6: 0.33mg (16.59%), Vitamin E: 2.22mg (14.83%), Vitamin B2: 0.25mg (14.54%), Potassium: 508.84mg (14.54%), Vitamin B5: 1.41mg (14.11%), Calcium: 131.7mg (13.17%), Zinc: 1.87mg (12.47%), Magnesium: 48.86mg (12.22%), Vitamin B12: 0.08µg (1.25%)