



Baked Risotto with Asparagus, Spinach, and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 1.5 cups asparagus diagonally sliced 1-inch
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 0.3 teaspoon salt

☐ 4 ounces spinach leaves

Equipment

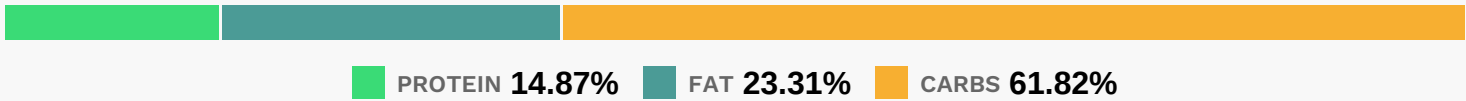
☐ oven

☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion; cook 4 minutes or until tender.
- ☐ Add rice; stir well. Stir in spinach, broth, salt, and nutmeg. Bring to a simmer; cook 7 minutes. Stir in 1/4 cup cheese.
- ☐ Cover and bake at 400 for 15 minutes. Stir in asparagus; sprinkle with 1/4 cup cheese. Cover and bake an additional 15 minutes or until liquid is almost absorbed.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:32.69, Inflammation Score:-10, Nutrition Score:23.035652273375%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 4.87mg, Isorhamnetin: 4.87mg, Isorhamnetin: 4.87mg, Isorhamnetin: 4.87mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 303.27kcal (15.16%), Fat: 7.87g (12.11%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 43.18g (15.7%), Sugar: 3.08g (3.42%), Cholesterol: 9.64mg (3.21%), Sodium: 862.23mg (37.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.59%), Vitamin K: 160.34µg (152.7%), Vitamin A: 3149.86IU (63%), Folate: 206.45µg (51.61%), Manganese: 0.92mg (46.16%), Vitamin B1: 0.41mg (27.25%), Iron: 4.34mg (24.12%), Calcium: 223.55mg (22.36%), Selenium: 14.88µg (21.25%), Phosphorus: 210.25mg (21.02%), Vitamin B3: 3.47mg (17.36%), Vitamin C: 13.74mg (16.66%), Fiber: 3.78g (15.14%), Copper: 0.28mg (14%), Vitamin B2:

0.23mg (13.54%), Vitamin B6: 0.26mg (13.17%), Magnesium: 52.54mg (13.13%), Potassium: 403.69mg (11.53%),
Vitamin E: 1.69mg (11.24%), Vitamin B5: 1.05mg (10.49%), Zinc: 1.46mg (9.7%), Vitamin B12: 0.4µg (6.62%)