



Black Soybean Risotto with Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 12 ounce baby spinach fresh
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons ginger fresh peeled finely chopped
- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil

- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 15 ounce edamame soybeans black organic rinsed drained canned (such as Eden)
- ☐ 5 cups vegetable broth organic (such as Swanson Certified)

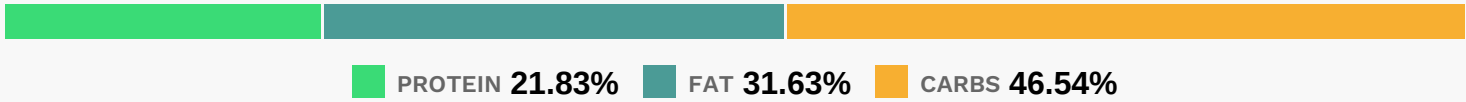
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan or Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add rosemary, ginger, and garlic; cook 2 minutes, stirring frequently.
- ☐ Add rice; cook 3 minutes, stirring constantly. Stir in 1/2 cup broth, salt, and pepper; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in Parmesan cheese and beans.
- ☐ Add spinach in batches, stirring constantly until spinach wilts. Stir in butter.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:23.44, Inflammation Score:-10, Nutrition Score:29.514347680237%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg,

Isorhamnetin: 1.34mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg
Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.68mg, Quercetin:
7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 343.19kcal (17.16%), Fat: 12.46g (19.17%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 41.26g (13.75%),
Net Carbohydrates: 34.32g (12.48%), Sugar: 5.26g (5.85%), Cholesterol: 11.44mg (3.81%), Sodium: 1261.76mg
(54.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.71%), Vitamin K: 288.76µg (275.01%),
Vitamin A: 5886.24IU (117.72%), Manganese: 1.49mg (74.7%), Folate: 231.22µg (57.8%), Iron: 6.76mg (37.57%),
Phosphorus: 308.87mg (30.89%), Magnesium: 120.91mg (30.23%), Fiber: 6.94g (27.76%), Calcium: 250.24mg
(25.02%), Vitamin B1: 0.36mg (24.05%), Vitamin C: 19.46mg (23.59%), Copper: 0.45mg (22.53%), Potassium:
762.75mg (21.79%), Vitamin B2: 0.37mg (21.55%), Vitamin B6: 0.39mg (19.43%), Selenium: 13.21µg (18.87%), Zinc:
1.81mg (12.04%), Vitamin E: 1.69mg (11.26%), Vitamin B3: 2.14mg (10.69%), Vitamin B5: 0.68mg (6.79%), Vitamin B12:
0.12µg (1.96%)