



Chicken Risotto with Spring Vegetables

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 cups arborio rice uncooked (short-grain)
- ☐ 0.5 pound asparagus spears fresh
- ☐ 3 tablespoons butter divided
- ☐ 0.8 pound skinned and boned chicken breasts cut into 1-inch strips
- ☐ 4 cups chicken broth
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup fontina freshly grated
- ☐ 0.3 cup parsley fresh chopped

- ☐ 0.5 teaspoon herbs de provence
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium onion finely chopped
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 8 servings garnish: parmesan cheese
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 teaspoons salt divided
- ☐ 2 medium zucchini thinly sliced into half moons

Equipment

- ☐ sauce pan
- ☐ dutch oven

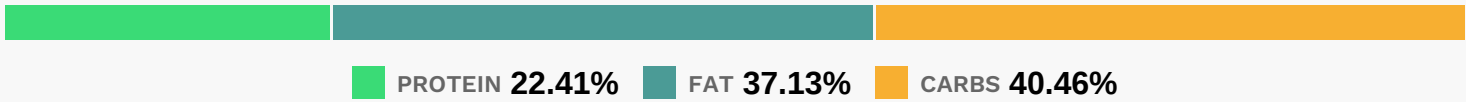
Directions

- ☐ Bring chicken broth and 4 cups water to a simmer in a large saucepan over low heat. Snap off and discard tough ends of asparagus.
- ☐ Cut into 2-inch pieces.
- ☐ Sprinkle chicken with herbes de Provence and 3/4 tsp. salt.
- ☐ Melt 2 Tbsp. butter with 1 Tbsp. olive oil in a Dutch oven over medium-high heat; add chicken, and saut 5 to 6 minutes or until done.
- ☐ Remove chicken; cover and keep warm.
- ☐ Melt remaining 1 Tbsp. butter in Dutch oven; add zucchini, onion, and asparagus, and saut 3 minutes or until tender.
- ☐ Remove vegetables; cover and keep warm.
- ☐ Saut rice in remaining 1 Tbsp. hot oil in Dutch oven over medium-high heat 1 minute. Reduce heat to medium.
- ☐ Add wine and remaining 1/2 tsp. salt, and cook, stirring often, until liquid is absorbed.
- ☐ Add 1 cup hot broth mixture; cook, stirring often, until liquid is absorbed. Repeat procedure with remaining broth mixture, 1 cup at a time. (Total cooking time is about 30 minutes.)
- ☐ Stir in grated cheeses, chicken, and vegetables until creamy. Stir in parsley and pepper.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:40.18, Inflammation Score:-8, Nutrition Score:26.391304358192%

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: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 595.44kcal (29.77%), Fat: 23.47g (36.11%), Saturated Fat: 12.03g (75.21%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 54.37g (19.77%), Sugar: 3.53g (3.92%), Cholesterol: 81.7mg (27.23%), Sodium: 1656.06mg (72%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 31.89g (63.77%), Calcium: 546.13mg (54.61%), Selenium: 36.75µg (52.5%), Phosphorus: 514.79mg (51.48%), Vitamin K: 49.6µg (47.24%), Manganese: 0.94mg (46.77%), Folate: 182.04µg (45.51%), Vitamin B3: 7.94mg (39.72%), Vitamin B1: 0.49mg (32.97%), Vitamin B6: 0.61mg (30.47%), Iron: 4.33mg (24.07%), Vitamin B2: 0.4mg (23.51%), Vitamin A: 1037.66IU (20.75%), Zinc: 3.07mg (20.48%), Vitamin B5: 1.86mg (18.56%), Vitamin C: 14.41mg (17.47%), Magnesium: 63.9mg (15.98%), Potassium: 522.33mg (14.92%), Copper: 0.27mg (13.42%), Vitamin B12: 0.78µg (13.08%), Fiber: 3.19g (12.74%), Vitamin E: 1.31mg (8.72%), Vitamin D: 0.3µg (2.03%)