# Crab and Asparagus Risotto

Gluten Free

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 40 min. | 8 | 293 kcal |

SIDE DISH | ANTIPASTI | STARTER | SNACK

## Ingredients

- [ ] 2 cups arborio rice uncooked
- [ ] 6 cups chicken broth organic swanson® (Regular, Natural or Certified )
- [ ] 0.5 pound pasteurized crabmeat refrigerated
- [ ] 0.5 cup cooking wine dry white
- [ ] 0.5 pound green beans
- [ ] 2 tablespoons olive oil
- [ ] 0.5 cup onion chopped
- [ ] 1 medium and orange peppers diced

- [ ] 0.3 cup parmesan cheese grated

## Equipment

- [ ] frying pan
- [ ] sauce pan

## Directions

- [ ] Heat the oil in a 4-quart saucepan over medium heat.
- [ ] Add the pepper and onion and cook for 3 minutes or until the vegetables are tender.
- [ ] Add the rice and cook and stir for 2 minutes or until the rice is opaque.
- [ ] Add the wine and cook and stir until it's absorbed. Stir 2 cups of the hot broth into the rice mixture. Cook and stir until the broth is absorbed, maintaining the rice at a gentle simmer. Continue cooking and adding broth, 1/2 cup at a time, stirring until it's absorbed after each addition before adding more.
- [ ] Add the asparagus and crabmeat with the last broth addition. Stir the cheese into the risotto.
- [ ] Remove the pan from the heat. Cover and let it stand for 5 minutes.
- [ ] Serve the risotto with additional cheese.

## Nutrition Facts

PROTEIN **16.49%** FAT **17.04%** CARBS **66.47%**

### Properties

Glycemic Index:25.63, Glycemic Load:32.71, Inflammation Score:-8, Nutrition Score:17.310434926139%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

### Nutrients (% of daily need)

Calories: 293.09kcal (14.65%), Fat: 5.3g (8.15%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 43.53g (15.83%), Sugar: 3.62g (4.02%), Cholesterol: 18.15mg (6.05%), Sodium: 950.97mg (41.35%), Alcohol: 1.54g (100%), Alcohol %: 0.59% (100%), Protein: 11.53g (23.07%), Vitamin B12: 2.63µg (43.81%), Manganese: 0.75mg (37.54%), Folate: 149.54µg (37.38%), Vitamin C: 25.67mg (31.11%), Selenium: 20.05µg (28.64%), Vitamin B1: 0.37mg (24.9%), Copper: 0.43mg (21.49%), Zinc: 2.68mg (17.85%), Iron: 3.01mg (16.74%), Phosphorus: 162.66mg (16.27%), Vitamin B3: 3.16mg (15.78%), Vitamin K: 15.26µg (14.53%), Vitamin A: 699.3IU (13.99%), Vitamin B6: 0.27mg (13.62%), Fiber: 2.95g (11.8%), Vitamin B2: 0.2mg (11.66%), Magnesium: 41.73mg (10.43%), Vitamin B5: 0.93mg (9.29%), Potassium: 284.58mg (8.13%), Calcium: 67.6mg (6.76%), Vitamin E: 0.95mg (6.32%)