



## Creamy Lemon-Asparagus Risotto

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb asparagus spears fresh cut into 2-inch lengths
- 2 cups chicken broth
- 2 cups rice white instant uncooked
- 2 lemon zest
- 2 Tbsp olive oil
- 1 onion finely chopped
- 2 Tbsp philadelphia

### Equipment

frying pan

## Directions

- Cook onions in hot oil in large skillet on medium heat 2 min. or until tender.
- Stir in rice, asparagus and broth. Bring to boil; simmer on low heat 5 min.
- Add reduced-fat cream cheese, lemon zest and juice; cook until cream cheese is melted and mixture is well blended, stirring constantly.

## Nutrition Facts



## Properties

Glycemic Index:4.3, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:2.6960869638816%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 56.29kcal (2.81%), Fat: 2.05g (3.15%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.75g (2.82%), Sugar: 0.63g (0.7%), Cholesterol: 1.93mg (0.64%), Sodium: 93.11mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Folate: 30.8µg (7.7%), Vitamin B1: 0.1mg (6.93%), Manganese: 0.12mg (6.03%), Vitamin K: 5.62µg (5.35%), Selenium: 3.71µg (5.3%), Iron: 0.83mg (4.59%), Vitamin B3: 0.77mg (3.87%), Vitamin E: 0.36mg (2.38%), Fiber: 0.56g (2.23%), Vitamin B2: 0.04mg (2.21%), Vitamin C: 1.82mg (2.2%), Copper: 0.04mg (2.16%), Vitamin A: 106.08IU (2.12%), Phosphorus: 20.2mg (2.02%), Zinc: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.46%), Potassium: 40.38mg (1.15%)