



Dijon Risotto Primavera

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



6

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice uncooked
- 0.5 cup carrots shredded
- 28 oz chicken broth divided canned
- 0.3 cup grey poupon dijon mustard
- 1 clove garlic minced
- 1 Tbsp olive oil
- 0.5 cup pasilla peppers red chopped
- 1.5 cups zucchini chopped

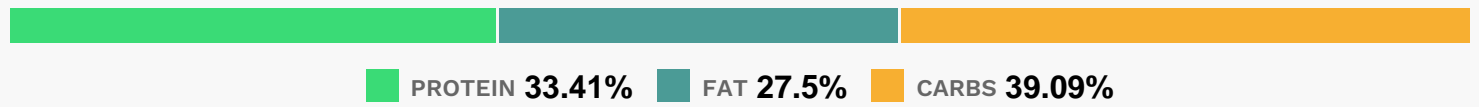
Equipment

- sauce pan

Directions

- Heat oil in large saucepan on medium heat.
- Add zucchini, carrots, peppers and garlic; cook until crisp-tender, stirring frequently. Stir in 1 cup of the broth; bring to boil.
- Stir in rice; return to boil. Reduce heat to medium; cook and stir 5 minutes or until liquid is almost absorbed.
- Add 1 cup of the remaining chicken broth; cook 10 minutes or until broth is completely absorbed, stirring occasionally. Repeat with remaining broth until all broth has been added.
- Add mustard; cook and stir until heated through.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:31.98, Inflammation Score:-9, Nutrition Score:19.659130371135%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 464.32kcal (23.22%), Fat: 13.82g (21.27%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 41.49g (15.09%), Sugar: 1.95g (2.17%), Cholesterol: 66.15mg (22.05%), Sodium: 762.77mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.79g (75.58%), Selenium: 35.58µg (50.82%), Vitamin A: 2474.32IU (49.49%), Folate: 134.07µg (33.52%), Manganese: 0.65mg (32.71%), Vitamin B3: 5.66mg (28.3%), Phosphorus: 280.63mg (28.06%), Zinc: 4.09mg (27.24%), Vitamin C: 22.27mg (26.99%), Iron: 4.22mg (23.45%), Vitamin B6: 0.45mg (22.58%), Vitamin B1: 0.33mg (22.05%), Vitamin B12: 1.32µg (22.05%), Magnesium: 50.09mg (12.52%), Vitamin B2: 0.21mg (12.33%), Potassium: 399.25mg (11.41%), Fiber: 2.73g (10.9%), Copper: 0.2mg (10.18%), Vitamin B5: 0.81mg (8.09%), Vitamin K: 7.96µg (7.58%), Vitamin E: 1.1mg (7.33%), Calcium: 36.84mg (3.68%)