



WHATShEATE



Dinner Tonight: Brown Risotto with Summer Squash, Favas, and Mint

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



894 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound avarakkai / broad beans
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.5 cup parmesan grated
- ☐ 4 servings salt
- ☐ 3 large shallots finely chopped
- ☐ 1 pound short grain brown rice

- ☐ 1 pound summer squash
- ☐ 0.3 pound butter unsalted
- ☐ 2 quarts vegetable stock
- ☐ 1 cup wine

Equipment

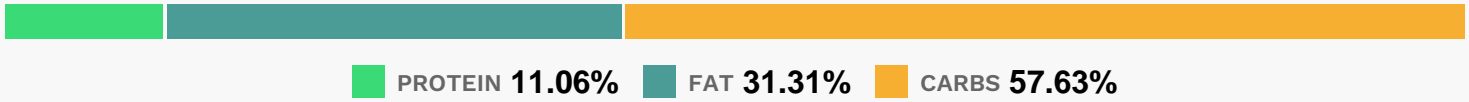
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ colander
- ☐ box grater

Directions

- ☐ Cut off the root end of the zucchini or squash and grate on the large holes of a box grater.
- ☐ Sprinkle with a couple pinches of salt, toss well, and allow to drain in a colander in the sink while preparing the rice.
- ☐ In a large, heavy pot, heat 3 tablespoons of the butter over medium heat until the foam subsides.
- ☐ Add the shallot or onion and cook, stirring often, until soft but not browned. In the meantime, bring the vegetable stock to boil in a separate pot.
- ☐ Add the rice to the shallots, stirring well to coat in the butter, and cook until the rice begins to look translucent, about two minutes.
- ☐ Pour in the wine all at once and turn the heat to high. Cook, stirring often, until the liquid is absorbed.
- ☐ Add a few ladles of the vegetable stock and cook, stirring often, until absorbed.
- ☐ Add all the remaining vegetables stock, cover the pot, and cook until all the stock is absorbed, 45–50 minutes. Every 5 minutes or so, stir well to prevent the rice sticking to the bottom. If the stock is absorbed and the rice is not yet tender, add boiling water as needed until it's no longer hard in the center.
- ☐ While the rice cooks, bring a pot of salted water to boil and cook the fava beans for 5 minutes.

- ☐
- Drain, transfer to a bowl of ice water to cool, then slip them out of their skins.
- ☐
- When the rice is nearly done, squeeze out the water from the shredded zucchini or squash and stir into the rice. Once the rice is cooked, stir in the fava beans, Parmesan, and remaining butter.
- ☐
- Add a little water, if necessary, to give the rice a loose consistency. Stir in the chopped mint, season with black pepper and salt (if necessary) and serve.

Nutrition Facts



Properties

Glycemic Index:74.44, Glycemic Load:62.51, Inflammation Score:-10, Nutrition Score:32.034347834794%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 894.23kcal (44.71%), Fat: 29.97g (46.11%), Saturated Fat: 17.36g (108.49%), Carbohydrates: 124.13g (41.38%), Net Carbohydrates: 112.05g (40.75%), Sugar: 10.75g (11.94%), Cholesterol: 69.45mg (23.15%), Sodium: 2308.48mg (100.37%), Alcohol: 6.18g (100%), Alcohol %: 0.84% (100%), Protein: 23.83g (47.66%), Manganese: 5.1mg (254.76%), Magnesium: 248.63mg (62.16%), Phosphorus: 602.02mg (60.2%), Vitamin B6: 1.02mg (50.84%), Fiber: 12.08g (48.31%), Folate: 185.42µg (46.36%), Vitamin B1: 0.66mg (43.71%), Vitamin A: 2178.52IU (43.57%), Copper: 0.7mg (35.19%), Vitamin B3: 6.44mg (32.2%), Potassium: 1045.82mg (29.88%), Zinc: 4.31mg (28.76%), Calcium: 269.79mg (26.98%), Vitamin C: 22.01mg (26.68%), Iron: 4.79mg (26.6%), Vitamin B2: 0.38mg (22.49%), Vitamin B5: 2.23mg (22.27%), Selenium: 6.56µg (9.37%), Vitamin K: 9.44µg (8.99%), Vitamin E: 0.85mg (5.68%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.49µg (3.25%)