



Fava Bean Risotto with Fresh Mozzarella and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice uncooked
- ☐ 2 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 2.3 cups unshelled fava beans shelled

- ☐ 4 ounces mozzarella cheese fresh cut into 1/4-inch cubes
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups leek chopped (2 medium)
- ☐ 0.5 cup pancetta thinly sliced
- ☐ 0.8 teaspoon salt
- ☐ 2 cups water

Equipment

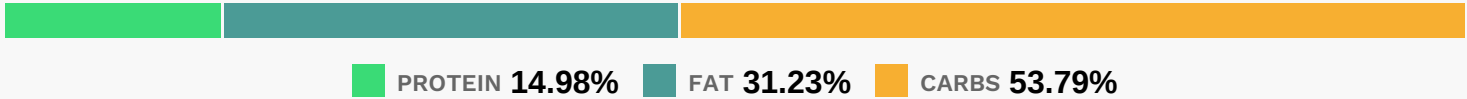
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400
- ☐ Remove beans from pods; discard pods. Cook beans in boiling water 1 minute.
- ☐ Remove beans with a slotted spoon. Plunge beans into ice water; drain.
- ☐ Remove tough outer skins from beans; discard skins. Set beans aside.
- ☐ Arrange prosciutto in a single layer on a baking sheet coated with cooking spray; bake at 400 for 7 minutes or until crisp. Set aside.
- ☐ Bring broth and water to a simmer in a medium saucepan (do not boil); keep warm over low heat.
- ☐ Melt butter in a medium saut pan over medium-high heat.
- ☐ Add leek and garlic; saut 3 minutes or until tender.
- ☐ Add rice and thyme; cook 2 minutes, stirring constantly. Reduce heat to medium.
- ☐ Add white wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.

- ☐ Add broth mixture, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in beans, salt, and pepper; cook 2 minutes, stirring frequently.
- ☐ Remove from heat; stir in arugula and cheese. Top with prosciutto.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:37.78, Inflammation Score:-8, Nutrition Score:17.800869713659%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 436.76kcal (21.84%), Fat: 14.74g (22.68%), Saturated Fat: 6.44g (40.23%), Carbohydrates: 57.12g (19.04%), Net Carbohydrates: 51.68g (18.79%), Sugar: 2.64g (2.93%), Cholesterol: 32.96mg (10.99%), Sodium: 956.32mg (41.58%), Alcohol: 1.37g (100%), Alcohol %: 0.47% (100%), Protein: 15.91g (31.82%), Folate: 205.17µg (51.29%), Manganese: 0.98mg (49.15%), Vitamin B1: 0.43mg (28.69%), Selenium: 18.89µg (26.99%), Phosphorus: 249.12mg (24.91%), Iron: 4.05mg (22.52%), Fiber: 5.44g (21.75%), Vitamin B3: 3.99mg (19.94%), Vitamin K: 20.38µg (19.41%), Copper: 0.35mg (17.48%), Calcium: 156.29mg (15.63%), Vitamin A: 748.42IU (14.97%), Magnesium: 58.47mg (14.62%), Vitamin B6: 0.28mg (14.07%), Zinc: 2.1mg (14%), Vitamin B12: 0.72µg (12.04%), Vitamin B2: 0.19mg (11.06%), Vitamin B5: 1.07mg (10.7%), Potassium: 372.51mg (10.64%), Vitamin C: 4.71mg (5.71%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.15µg (1.03%)