



## Green Bean Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup arborio rice uncooked
- 0.3 cup butter
- 1 cup chicken broth dry white
- 1 pound green beans fresh
- 1 teaspoon thyme leaves fresh chopped
- 2 garlic cloves pressed
- 32 ounce chicken broth low-sodium divided
- 1 cup parmesan cheese shredded

- 0.5 teaspoon pepper
- 1 onion red coarsely chopped

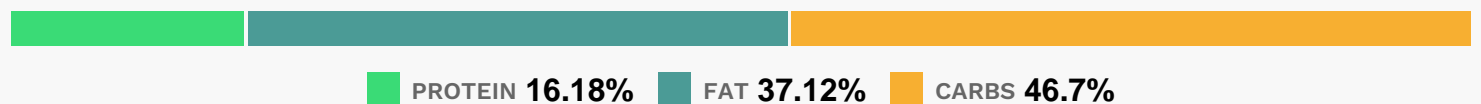
## Equipment

- sauce pan
- slotted spoon
- dutch oven

## Directions

- Trim beans, and cut into bite-size pieces. Bring beans and 1/4 cup broth to a boil in a Dutch oven over medium-high heat; cook 10 minutes or until crisp-tender.
- Remove beans with a slotted spoon, and set aside.
- Bring remaining broth to a simmer in a saucepan (do not boil), keeping warm over low heat.
- Add butter, chopped onion, and garlic to broth in Dutch oven; cook 3 minutes.
- Add rice and white wine, and cook, stirring constantly, 5 minutes or until liquid is absorbed. Reduce heat to medium.
- Add 1 cup simmering broth to rice mixture in Dutch oven, and cook, stirring often, until liquid is absorbed. Repeat procedure with remaining broth, 1 cup at a time. (Cooking time is about 15 to 20 minutes.)
- Stir in beans, thyme, pepper, and Parmesan cheese; serve immediately.
- Asparagus Risotto: Substitute 1 pound fresh asparagus for green beans. Proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:17.37, Inflammation Score:-8, Nutrition Score:11.052608734888%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## **Nutrients (% of daily need)**

Calories: 257.01kcal (12.85%), Fat: 9.9g (15.23%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 25.47g (9.26%), Sugar: 2.98g (3.31%), Cholesterol: 8.5mg (2.83%), Sodium: 307.04mg (13.35%), Alcohol: 3.09g (100%), Alcohol %: 1.51% (100%), Protein: 9.71g (19.42%), Vitamin K: 24.99µg (23.8%), Manganese: 0.47mg (23.49%), Folate: 80.48µg (20.12%), Calcium: 185.18mg (18.52%), Phosphorus: 178.69mg (17.87%), Vitamin B3: 3.09mg (15.47%), Vitamin A: 755.5IU (15.11%), Vitamin B1: 0.2mg (13.53%), Iron: 2.16mg (12%), Vitamin C: 8.58mg (10.4%), Selenium: 7.14µg (10.2%), Fiber: 2.55g (10.19%), Vitamin B6: 0.19mg (9.4%), Vitamin B2: 0.16mg (9.39%), Potassium: 298.2mg (8.52%), Copper: 0.17mg (8.27%), Magnesium: 31.95mg (7.99%), Zinc: 0.94mg (6.28%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.27µg (4.51%), Vitamin E: 0.48mg (3.23%)