



Green Pea-and-Asparagus Risotto

 Gluten Free

READY IN



41 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked short-grain
- ☐ 0.5 pound asparagus
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest

- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2.8 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 cup peas sweet green frozen thawed
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup onion sweet finely chopped

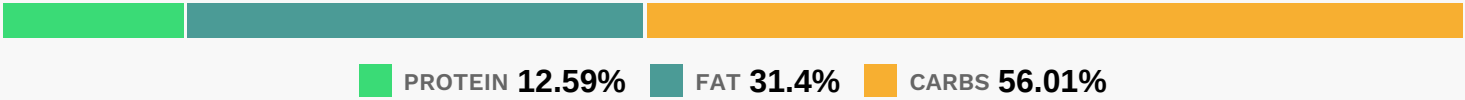
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Stir together first 4 ingredients in a medium-size microwave-safe bowl. Microwave at HIGH 3 minutes. Stir in rice, and microwave at HIGH 2 minutes.
- ☐ Stir in 2 3/4 cups broth and 1/4 cup wine. Cover tightly with plastic wrap. (Do not vent). Microwave at HIGH 9 minutes. Carefully swirl bowl without uncovering (to incorporate the mixture), and microwave at HIGH 8 minutes. Carefully remove and discard plastic wrap. Stir in cheese and 1/4 cup chicken broth, stirring 30 seconds to 1 minute or until creamy.
- ☐ Add 1/4 cup additional broth, 1 Tbsp. at a time, if necessary, for desired consistency. Season with salt and pepper to taste.
- ☐ Meanwhile, snap off and discard tough ends of asparagus, and cut into 2-inch pieces. Saut asparagus in a lightly greased nonstick skillet over medium heat 3 to 4 minutes or until crisp-tender; stir in green peas. Stir asparagus mixture, chopped fresh mint, lemon zest, and lemon juice into prepared risotto.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Rice Select Risotto Italian-Style Rice, an 1,100-watt microwave oven, and a 2 1/2-liter glass bowl. We found that self-sealing plastic wraps, such as

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:32.46, Inflammation Score:-8, Nutrition Score:16.473478107997%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg

Nutrients (% of daily need)

Calories: 362.26kcal (18.11%), Fat: 12.43g (19.12%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 45.89g (16.69%), Sugar: 3.57g (3.97%), Cholesterol: 20.49mg (6.83%), Sodium: 406.81mg (17.69%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 11.21g (22.42%), Folate: 164.11µg (41.03%), Manganese: 0.75mg (37.42%), Vitamin K: 30.92µg (29.45%), Vitamin B1: 0.43mg (28.41%), Vitamin B3: 5.5mg (27.48%), Iron: 4.19mg (23.29%), Phosphorus: 201.38mg (20.14%), Copper: 0.36mg (17.8%), Vitamin A: 850.06IU (17%), Selenium: 11.67µg (16.67%), Vitamin C: 13.63mg (16.52%), Fiber: 3.98g (15.92%), Vitamin B2: 0.22mg (12.71%), Vitamin B6: 0.24mg (11.86%), Potassium: 410.18mg (11.72%), Zinc: 1.6mg (10.7%), Calcium: 94.37mg (9.44%), Vitamin E: 1.37mg (9.15%), Vitamin B5: 0.89mg (8.86%), Magnesium: 34.23mg (8.56%), Vitamin B12: 0.27µg (4.55%)