



Green Summer Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 5 ounce baby spinach
- ☐ 1 celery stalk diced
- ☐ 2 cups chicken broth
- ☐ 2.5 cups chicken broth
- ☐ 0.5 cup vermouth dry
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 cups peas fresh

- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parmesan cheese grated
- ☐ 2 ounces pancetta sliced
- ☐ 0.3 teaspoon salt and pepper
- ☐ 1 cup scallions sliced

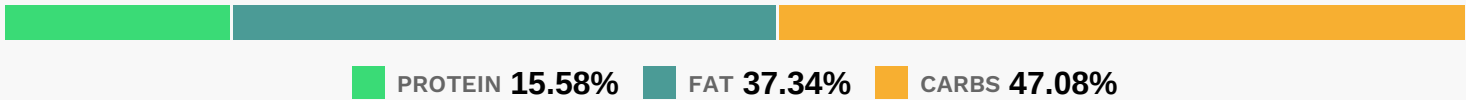
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a saucepan over medium heat; add sliced scallions, diced celery, and 1/4 teaspoon each salt and pepper. Cook until tender.
- ☐ Add rice, and stir for 2 minutes or until opaque. Season with 1/4 teaspoon each salt and pepper.
- ☐ Add vermouth, and cook for 2 minutes or until absorbed.
- ☐ Add 2 1/2 cups chicken broth, 1/2 cup at a time, stirring frequently. Stir in spinach, chopped, and fresh peas; cook. Over next 10 minutes, gradually add 2 more cups broth until rice is creamy and tender. Stir in mint, lemon zest, lemon juice, and Parmesan cheese; add sliced prosciutto.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:37.06, Glycemic Load:23.1, Inflammation Score:-10, Nutrition Score:23.343912811383%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 348.62kcal (17.43%), Fat: 13.97g (21.49%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 34.8g (12.65%), Sugar: 4.08g (4.54%), Cholesterol: 24.26mg (8.09%), Sodium: 1130.28mg (49.14%), Alcohol: 1.9g (100%), Alcohol %: 0.68% (100%), Protein: 13.12g (26.23%), Vitamin K: 163.88µg (156.08%), Vitamin A: 2976.49IU (59.53%), Manganese: 0.9mg (44.98%), Folate: 168.6µg (42.15%), Vitamin C: 31.05mg (37.64%), Vitamin B1: 0.41mg (27.63%), Phosphorus: 229.55mg (22.96%), Selenium: 14.69µg (20.98%), Calcium: 208.35mg (20.83%), Fiber: 4.83g (19.31%), Iron: 3.36mg (18.68%), Vitamin B2: 0.31mg (18.38%), Vitamin B3: 3.45mg (17.26%), Zinc: 2.13mg (14.23%), Magnesium: 55.95mg (13.99%), Copper: 0.24mg (12.16%), Potassium: 416.59mg (11.9%), Vitamin B6: 0.24mg (11.9%), Vitamin E: 1.51mg (10.06%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.31µg (5.12%)