



Ham-and-Asparagus Risotto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio uncooked
- ☐ 1 cup asparagus sliced (1-inch) ()
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons parsley fresh minced
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions sliced
- ☐ 6 ounces maple-glazed ham chopped

- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 1 cup mushrooms chopped
- ☐ 1 cup water

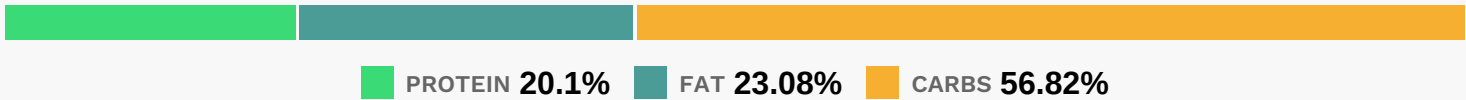
Equipment

- ☐ sauce pan

Directions

- ☐ Cook the asparagus in boiling water 3 minutes or until crisp-tender.
- ☐ Drain and set aside.
- ☐ Combine 1 cup water, the wine, and broth in a small saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Coat a medium saucepan with cooking spray; place over medium heat until hot.
- ☐ Add mushrooms, green onions, and garlic; saut 2 minutes.
- ☐ Add rice; cook 1 minute, stirring constantly.
- ☐ Add 1/2 cup warm broth mixture and ham; cook 3 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total).
- ☐ Add asparagus during the last 4 minutes of cooking time.
- ☐ Remove from heat; stir in parsley and thyme.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:32, Inflammation Score:-8, Nutrition Score:18.90782601937%

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: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 335.52kcal (16.78%), Fat: 8.01g (12.32%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 41.66g (15.15%), Sugar: 1.67g (1.85%), Cholesterol: 26.37mg (8.79%), Sodium: 536.77mg (23.34%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 15.69g (31.38%), Vitamin K: 76.21µg (72.58%), Vitamin B1: 0.61mg (40.98%), Folate: 147.38µg (36.85%), Manganese: 0.66mg (32.98%), Vitamin B3: 6.29mg (31.43%), Selenium: 20.38µg (29.12%), Iron: 3.94mg (21.88%), Phosphorus: 210.02mg (21%), Vitamin B2: 0.3mg (17.63%), Copper: 0.34mg (17.16%), Vitamin B6: 0.34mg (17.13%), Zinc: 2.03mg (13.55%), Vitamin B5: 1.33mg (13.26%), Potassium: 428.83mg (12.25%), Vitamin A: 592.11IU (11.84%), Fiber: 2.69g (10.76%), Vitamin C: 8.58mg (10.4%), Magnesium: 34.5mg (8.63%), Vitamin B12: 0.36µg (5.94%), Vitamin E: 0.59mg (3.94%), Calcium: 32.71mg (3.27%), Vitamin D: 0.35µg (2.3%)