



Italian Risotto with Roasted Red Peppers and Peas

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 3 tablespoons basil fresh chopped
- 3 tablespoons parsley fresh chopped
- 1 tablespoon juice of lemon
- 1 teaspoon olive oil
- 0.3 cup parmesan cheese freshly grated
- 10 ounce peas frozen english thawed

- 0.1 teaspoon pepper freshly ground
- 3 large pasilla peppers sweet red
- 2 cups vegetable broth undiluted canned
- 2 cups water

Equipment

- baking sheet
- sauce pan
- oven

Directions

- Cut peppers in half lengthwise; remove and discard seeds and membranes.
- Place peppers, skin side up, on a baking sheet, and flatten with palm of hand. Broil 5 1/2 inches from heat (with electric oven door partially opened) 15 to 20 minutes or until charred.
- Place in ice water until cool; peel and discard skins. Chop and set aside.
- Combine broth and water in a saucepan; place over medium heat. Cover and bring to a simmer; reduce heat to low, and keep warm. (Do not boil.)
- Heat oil in a medium saucepan over medium-high heat until hot; add rice. Cook 2 minutes or until rice is lightly browned, stirring constantly. Reduce heat to medium-low.
- Add 1 cup of simmering broth mixture to rice, stirring constantly until most of liquid is absorbed.
- Add remaining broth, 1/2 cup at a time, cooking and stirring constantly until each 1/2 cup addition is absorbed (about 30 minutes). (Rice will be tender and will have a creamy consistency.)
- Add peas; cook, stirring constantly, until thoroughly heated.
- Add chopped pepper, cheese, and remaining ingredients; cook, stirring constantly, until thoroughly heated.

Nutrition Facts



PROTEIN 13.11% FAT 10.6% CARBS 76.29%

Properties

Glycemic Index:84.33, Glycemic Load:36.31, Inflammation Score:-10, Nutrition Score:29.104347937133%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 311.82kcal (15.59%), Fat: 3.71g (5.7%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 60.01g (20%), Net Carbohydrates: 51.83g (18.85%), Sugar: 10.31g (11.46%), Cholesterol: 5.44mg (1.81%), Sodium: 596.06mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Vitamin C: 191.5mg (232.12%), Vitamin A: 5030.06IU (100.6%), Vitamin K: 79.84µg (76.04%), Folate: 224.86µg (56.22%), Manganese: 0.98mg (49.13%), Vitamin B1: 0.54mg (36.21%), Fiber: 8.17g (32.69%), Vitamin B6: 0.58mg (28.76%), Vitamin B3: 4.8mg (24.02%), Iron: 3.96mg (22.01%), Phosphorus: 198.63mg (19.86%), Selenium: 11.15µg (15.93%), Vitamin E: 2.25mg (15.01%), Vitamin B2: 0.25mg (14.61%), Potassium: 507.71mg (14.51%), Copper: 0.28mg (14.19%), Magnesium: 55.81mg (13.95%), Zinc: 2.07mg (13.77%), Vitamin B5: 1.15mg (11.48%), Calcium: 93.93mg (9.39%), Vitamin B12: 0.08µg (1.41%)