



Lemon & pea risotto

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



504 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g arborio rice
- ☐ 850 g vegetable stock hot
- ☐ 50 g parmesan grated (or vegetarian substitute)
- ☐ 2 juice of lemon
- ☐ 50 g petit pois frozen

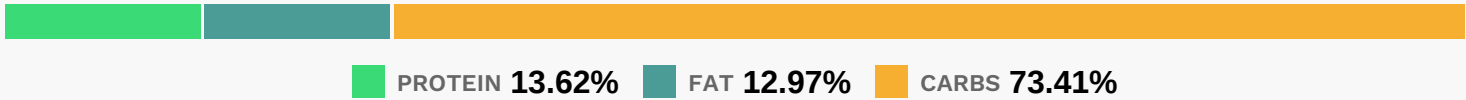
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over a medium heat, then toast the rice, stirring constantly, for 1 min.
- ☐ Add 1 ladleful of hot stock and stir until absorbed. Reduce the heat.
- ☐ Add the rest of the stock, a ladleful at a time, until the rice is almost cooked and stock is absorbed, about 20 mins.
- ☐ Stir in the peas, cooking for 3–5 mins, then remove the pan from the heat.
- ☐ Add the cheese, lemon juice and seasoning, then stir. Scatter with the lemon zest, then serve immediately, with extra grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:99.17, Glycemic Load:66.24, Inflammation Score:-9, Nutrition Score:20.38695668915%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 504.1kcal (25.2%), Fat: 7.15g (11%), Saturated Fat: 4.27g (26.7%), Carbohydrates: 91.07g (30.35%), Net Carbohydrates: 86.75g (31.55%), Sugar: 5.99g (6.65%), Cholesterol: 17mg (5.67%), Sodium: 2103.05mg (91.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Folate: 255µg (63.75%), Manganese: 1.15mg (57.4%), Vitamin B1: 0.65mg (43.23%), Calcium: 307.05mg (30.7%), Selenium: 21.2µg (30.29%), Phosphorus: 297.9mg (29.79%), Iron: 4.83mg (26.81%), Vitamin C: 21.61mg (26.19%), Vitamin A: 1293.55IU (25.87%), Vitamin B3: 4.73mg (23.65%), Fiber: 4.32g (17.26%), Vitamin B5: 1.47mg (14.66%), Zinc: 2.11mg (14.08%), Copper: 0.27mg (13.34%), Vitamin B6: 0.25mg (12.49%), Magnesium: 44.05mg (11.01%), Vitamin B2: 0.17mg (9.91%), Vitamin K: 6.63µg (6.31%), Potassium: 190.9mg (5.45%), Vitamin B12: 0.3µg (5%)