



## Lemon Ricotta Risotto with Asparagus, Peas, and Prosciutto

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1 cup peas fresh
- ☐ 0.3 cup juice of lemon (from 1 to 2 large lemons)
- ☐ 8 cups chicken broth reduced-sodium
- ☐ 1 teaspoon olive oil
- ☐ 3 ounces parmesan shredded dry shaved finely

- ☐ 2 ounces pancetta thinly sliced
- ☐ 2 cups carnaroli rice
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup whole-milk ricotta such as bellwether farms
- ☐ 3 tablespoons butter unsalted
- ☐ 1 large onion yellow coarsely chopped
- ☐ 1 pound snapped off

## Equipment

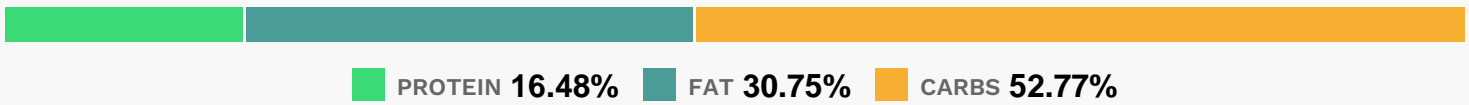
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot

## Directions

- ☐ Preheat oven to 40
- ☐ Set a rack in a rimmed baking sheet and lay prosciutto slices on rack.
- ☐ Arrange asparagus in a single layer on another baking sheet.
- ☐ Drizzle with 1 tsp. oil.
- ☐ Sprinkle with salt and pepper; toss to coat.
- ☐ Bake prosciutto and asparagus until prosciutto is crisp and very light brown around the edges, about 8 minutes, and asparagus is a little darker and tender when pricked with the tip of a knife, 12 to 15 minutes.
- ☐ Remove both from oven and let cool. When cool enough to handle, cut asparagus into 1-in. pieces. Break prosciutto into small shards.
- ☐ Pour broth into a medium saucepan and bring to a simmer over medium heat.
- ☐ Heat remaining oil in a large pot over medium-high heat.

- ☐ Add onion and cook, stirring occasionally, until limp but not brown, about 5 minutes.
- ☐ Add rice and cook, stirring constantly, until edges turn bright white, 5 minutes.
- ☐ Add wine; bring to a boil and cook until almost evaporated, about 2 minutes.
- ☐ Add one ladleful, about 1/2 cup, of broth to rice and cook, stirring, until almost completely absorbed by rice. Continue adding broth 1/2 cup at a time, stirring until each addition is absorbed before adding the next, until rice is just tender to the bite, 15 to 30 minutes (you will have broth left over).
- ☐ Stir in mint, ricotta, peas (if using fresh), and lemon juice and stir until most of lemon juice is absorbed.
- ☐ Add butter and shredded cheese; stir until well mixed. Stir in peas (if frozen), asparagus, and pepper to taste.
- ☐ Divide risotto among bowls or plates. Top with prosciutto crisps and sprinkle with shaved cheese.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:34.42, Glycemic Load:31.66, Inflammation Score:-8, Nutrition Score:19.775217491647%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg, Isorhamnetin: 5.56mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

## Nutrients (% of daily need)

Calories: 505.58kcal (25.28%), Fat: 16.95g (26.07%), Saturated Fat: 8.39g (52.46%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 61.04g (22.2%), Sugar: 5.6g (6.22%), Cholesterol: 37.18mg (12.39%), Sodium:

466.63mg (20.29%), Alcohol: 2.06g (100%), Alcohol %: 0.44% (100%), Protein: 20.43g (40.87%), Manganese: 0.97mg (48.61%), Vitamin K: 38.93µg (37.08%), Vitamin B3: 7.03mg (35.17%), Phosphorus: 322.25mg (32.23%), Vitamin C: 21.59mg (26.17%), Copper: 0.51mg (25.51%), Vitamin A: 1124.8IU (22.5%), Selenium: 15.67µg (22.38%), Calcium: 207.78mg (20.78%), Vitamin B2: 0.35mg (20.31%), Iron: 3.49mg (19.37%), Potassium: 660.46mg (18.87%), Folate: 72.51µg (18.13%), Fiber: 4.38g (17.53%), Vitamin B1: 0.26mg (17.43%), Vitamin B6: 0.33mg (16.37%), Zinc: 2.33mg (15.55%), Magnesium: 49.04mg (12.26%), Vitamin B5: 1.01mg (10.11%), Vitamin E: 1.31mg (8.76%), Vitamin B12: 0.49µg (8.19%), Vitamin D: 0.23µg (1.52%)