



Lemon Risotto with Peas, Tarragon, and Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 4 cups chicken stock see homemade
- ☐ 3 tablespoons cooking wine dry white
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 cup peas fresh green
- ☐ 1.5 cups leek finely chopped (2)

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped

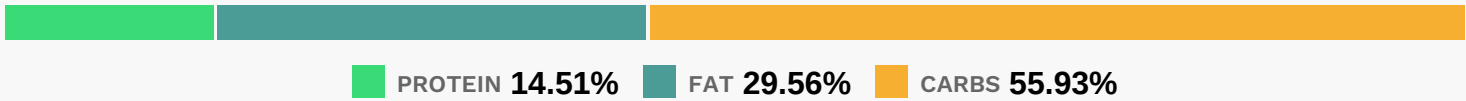
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a small saucepan of water to a boil.
- ☐ Add peas; boil 1 minute.
- ☐ Drain and rinse with cold water; drain well. Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add leek and shallots to pan; cook 7 minutes or until tender, stirring frequently.
- ☐ Add rice; cook 1 minute, stirring constantly.
- ☐ Add wine; cook 30 seconds or until the liquid is nearly absorbed, stirring constantly. Stir in 1 cup stock; cook 4 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total). Stir in peas; cook 1 minute. Stir in cheese, rind, juice, salt, and pepper.
- ☐ Remove from heat; stir in tarragon and butter.

Nutrition Facts



Properties

Glycemic Index:47.79, Glycemic Load:21.09, Inflammation Score:-7, Nutrition Score:12.354782580681%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 266.65kcal (13.33%), Fat: 8.62g (13.26%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 33.87g (12.32%), Sugar: 4.96g (5.51%), Cholesterol: 12.18mg (4.06%), Sodium: 449.54mg (19.55%), Alcohol: 0.58g (100%), Alcohol %: 0.33% (100%), Protein: 9.52g (19.04%), Manganese: 0.66mg (32.83%), Folate: 107.99µg (27%), Vitamin B1: 0.28mg (18.99%), Vitamin B3: 3.77mg (18.87%), Iron: 2.97mg (16.47%), Vitamin C: 13.32mg (16.15%), Phosphorus: 151.26mg (15.13%), Vitamin B6: 0.3mg (14.9%), Vitamin K: 15.12µg (14.4%), Selenium: 9.48µg (13.54%), Calcium: 129.93mg (12.99%), Vitamin A: 594.13IU (11.88%), Vitamin B2: 0.2mg (11.61%), Fiber: 2.81g (11.24%), Copper: 0.21mg (10.38%), Potassium: 340.65mg (9.73%), Magnesium: 35.47mg (8.87%), Zinc: 1.07mg (7.15%), Vitamin E: 0.79mg (5.24%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.09µg (1.47%)