



Lemony Risotto with Asparagus

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups arborio rice
- 1 bunch asparagus trimmed cut into 1-inch pieces
- 3 cups chicken broth organic free range low sodium
- 0.3 cup cooking wine dry white
- 1 tablespoon lemon zest grated
- 1 small onion finely chopped
- 0.3 cup parmesan grated
- 2 tablespoons parsley italian chopped

- 0.3 teaspoon hain foods iodized sea salt pure
- 4 tablespoons butter unsalted divided
- 2 cups water (to blanch asparagus)

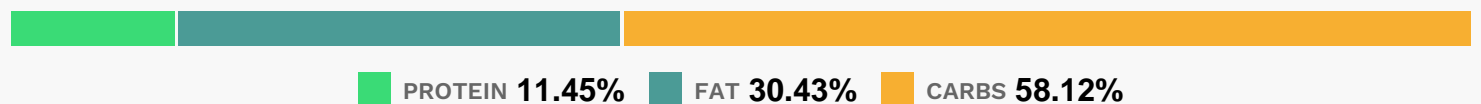
Equipment

- sauce pan

Directions

- Bring Imagine Low Sodium Free Range Chicken Broth and water to a simmer in a medium saucepan.
- Add asparagus and simmer, uncovered, until just tender, about 4 minutes.
- Transfer asparagus to an ice bath to stop cooking and then drain. Keep broth at a bare simmer, covered.
- Cook onion in 2 tablespoons butter with 1/4 teaspoon Hain Pure Foods Iodized Sea Salt in a 4-quart heavy saucepan over medium heat, stirring occasionally, until softened, about 5 minutes.
- Add rice and cook, stirring constantly, 1 minute.
- Add wine and simmer, stirring constantly, until absorbed.
- Stir in 1/2 cup broth mixture and simmer, stirring frequently, until absorbed. Continue adding broth, 1/2 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is creamy and tender, about 18 minutes.
- Stir in asparagus, zest, remaining 2 tablespoons butter, parmesan, parsley, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:27.1, Inflammation Score:-8, Nutrition Score:17.526956667071%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 7.41mg, Isorhamnetin: 7.41mg, Isorhamnetin: 7.41mg, Isorhamnetin: 7.41mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 19.11mg, Quercetin: 19.11mg, Quercetin: 19.11mg, Quercetin: 19.11mg

Nutrients (% of daily need)

Calories: 277.22kcal (13.86%), Fat: 9.28g (14.27%), Saturated Fat: 5.61g (35.04%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 35.85g (13.03%), Sugar: 3.44g (3.82%), Cholesterol: 25.25mg (8.42%), Sodium: 605.18mg (26.31%), Alcohol: 1.03g (100%), Alcohol %: 0.41% (100%), Protein: 7.85g (15.7%), Vitamin K: 72.46µg (69.01%), Folate: 163.52µg (40.88%), Manganese: 0.71mg (35.28%), Vitamin B1: 0.44mg (29.39%), Vitamin A: 1285.86IU (25.72%), Iron: 4.58mg (25.47%), Copper: 0.34mg (17.1%), Vitamin B2: 0.28mg (16.58%), Fiber: 4.03g (16.11%), Vitamin B3: 3.2mg (16.01%), Selenium: 10.62µg (15.17%), Phosphorus: 143.74mg (14.37%), Vitamin C: 10.63mg (12.88%), Vitamin E: 1.64mg (10.93%), Vitamin B6: 0.21mg (10.31%), Potassium: 333.76mg (9.54%), Vitamin B5: 0.93mg (9.31%), Calcium: 93.07mg (9.31%), Zinc: 1.36mg (9.06%), Magnesium: 32.52mg (8.13%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.16µg (1.07%)