



Pasta Risotto with Fennel

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 1 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons fennel fronds chopped
- ☐ 2 cups fennel bulb chopped
- ☐ 1 teaspoon fennel seeds
- ☐ 1 cup leek thinly sliced (2 large)
- ☐ 1.3 cups orzo pasta rice-shaped uncooked (8 ounces pasta)

- ☐ 1 ounce pecorino romano cheese grated
- ☐ 0.3 teaspoon salt

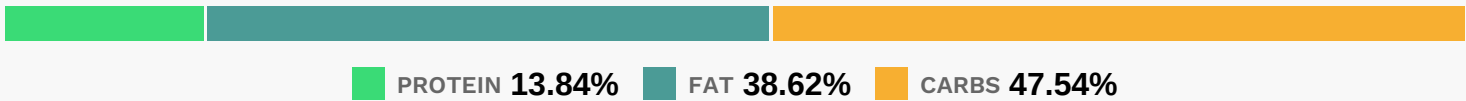
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add fennel bulb, leek, and fennel seeds; cook for 2 minutes, stirring frequently. Stir in salt. Cover and cook 12 minutes or until fennel is tender, stirring occasionally. Set aside.
- ☐ Combine broth and wine; bring to a simmer in a large saucepan (do not boil). Keep warm over low heat (mixture will look curdled).
- ☐ Melt 1 tablespoon butter in a medium saut pan over medium heat.
- ☐ Add orzo to pan; cook for 2 minutes, stirring constantly.
- ☐ Add broth mixture, 1/2 cup at a time, stirring mixture frequently until each portion of broth mixture is absorbed before adding the next (about 17 minutes total). Stir in leek mixture; cook 2 minutes.
- ☐ Remove from heat; stir in cheese, fennel fronds, and pepper.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:7.79, Inflammation Score:-6, Nutrition Score:10.96304353359%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 234.58kcal (11.73%), Fat: 8.41g (12.93%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 20.47g (7.44%), Sugar: 4.26g (4.73%), Cholesterol: 22.42mg (7.47%), Sodium: 1007.23mg (43.79%), Alcohol: 6.18g (100%), Alcohol %: 2.32% (100%), Protein: 6.78g (13.55%), Vitamin K: 43.53µg (41.46%), Manganese: 0.52mg (25.77%), Selenium: 17.34µg (24.77%), Phosphorus: 156.38mg (15.64%), Calcium: 137.93mg (13.79%), Vitamin A: 644.81IU (12.9%), Potassium: 404.17mg (11.55%), Fiber: 2.81g (11.24%), Vitamin C: 8.88mg (10.77%), Magnesium: 37.71mg (9.43%), Iron: 1.64mg (9.14%), Vitamin B3: 1.79mg (8.94%), Folate: 34.39µg (8.6%), Vitamin B6: 0.17mg (8.26%), Copper: 0.16mg (7.92%), Vitamin B12: 0.43µg (7.2%), Vitamin B2: 0.11mg (6.44%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.71mg (4.72%), Vitamin E: 0.7mg (4.67%), Vitamin B1: 0.06mg (3.69%)