



Pea Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio white
- ☐ 0.5 cup cooking wine dry white
- ☐ 5.5 cups fat-skimmed chicken broth
- ☐ 8 ounces peas fresh shelled (1 lb. in shell)
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled finely chopped
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 8 servings salt and pepper

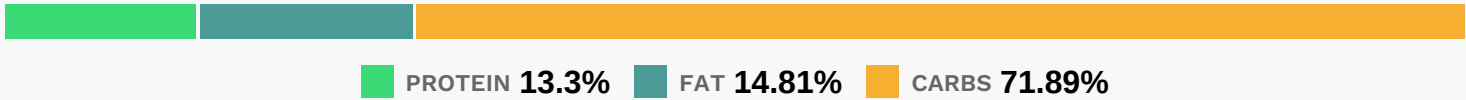
Equipment

- ☐ frying pan

Directions

- ☐ Pour olive oil into a 5- to 6-quart pan over medium-high heat; when hot, add onion and stir often until limp, about 5 minutes.
- ☐ Add rice and stir until opaque, about 3 minutes.
- ☐ Add wine and stir until absorbed, 1 to 2 minutes.
- ☐ Add 5 1/2 cups broth, about a cup at a time, stirring after each addition until almost absorbed, 25 to 30 minutes total; stir in peas with the second cup of broth. If risotto is thicker than desired, stir in a little more broth. Stir in cheese and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:24.05, Inflammation Score:-5, Nutrition Score:9.4856521856526%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 261.63kcal (13.08%), Fat: 4.08g (6.27%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 41.82g (15.21%), Sugar: 3.29g (3.66%), Cholesterol: 4.25mg (1.42%), Sodium: 937.86mg (40.78%), Alcohol: 1.54g (100%), Alcohol %: 0.69% (100%), Protein: 8.23g (16.47%), Manganese: 0.69mg (34.62%), Selenium: 12.49µg (17.84%), Vitamin C: 13.44mg (16.29%), Phosphorus: 155.27mg (15.53%), Vitamin B3: 2.27mg (11.35%), Calcium: 108.29mg (10.83%), Fiber: 2.7g (10.8%), Copper: 0.2mg (9.76%), Vitamin B6: 0.19mg (9.64%), Vitamin B1: 0.13mg (9%), Vitamin K: 8.41µg (8.01%), Vitamin B5: 0.76mg (7.56%), Zinc: 1.13mg (7.5%), Folate: 29.66µg

(7.42%), Magnesium: 29.57mg (7.39%), Vitamin B2: 0.12mg (7.27%), Potassium: 227.03mg (6.49%), Iron: 1.17mg (6.49%), Vitamin B12: 0.39µg (6.45%), Vitamin A: 266.25IU (5.33%), Vitamin E: 0.36mg (2.39%)