



Pea & tarragon risotto

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



438 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 g butter
- ☐ 1 onion finely chopped
- ☐ 1 small garlic clove crushed
- ☐ 140 g arborio rice
- ☐ 600 ml vegetable stock hot
- ☐ 85 g peas frozen
- ☐ 2 tbsp tarragon chopped well (basil and parsley work , too)
- ☐ 1 tbsp parmesan grated

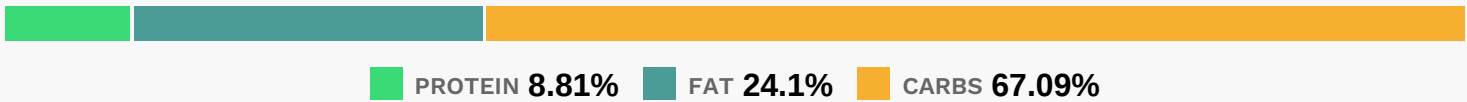
Equipment

☐ sauce pan

Directions

- ☐ Melt the butter in a saucepan, then add the onion and garlic. Cook for 4–5 mins until softened, then stir in the rice.
- ☐ Pour in a ladleful of stock and simmer until all the liquid has been absorbed, stirring occasionally. Continue adding the stock in this way, until it has all been used up and the rice is tender. Stir in the peas and tarragon, then heat through for 2 mins. Check seasoning, then stir in the Parmesan and serve straight away.

Nutrition Facts



Properties

Glycemic Index:187.67, Glycemic Load:49.92, Inflammation Score:-9, Nutrition Score:19.276521711894%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 437.74kcal (21.89%), Fat: 11.73g (18.04%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 67.77g (24.64%), Sugar: 7.32g (8.13%), Cholesterol: 28.58mg (9.52%), Sodium: 1320.63mg (57.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.29%), Manganese: 1.38mg (68.95%), Folate: 213.52µg (53.38%), Vitamin B1: 0.55mg (36.7%), Vitamin A: 1494.57IU (29.89%), Iron: 5.3mg (29.45%), Vitamin C: 23.94mg (29.02%), Fiber: 5.7g (22.82%), Vitamin B3: 4.28mg (21.42%), Vitamin B6: 0.39mg (19.72%), Selenium: 12.72µg (18.17%), Phosphorus: 166.02mg (16.6%), Copper: 0.28mg (14.05%), Magnesium: 54.01mg (13.5%), Calcium: 115.36mg (11.54%), Potassium: 393.48mg (11.24%), Zinc: 1.68mg (11.17%), Vitamin K: 11.7µg (11.15%), Vitamin B2: 0.18mg (10.77%), Vitamin B5: 1.05mg (10.47%), Vitamin E: 0.36mg (2.42%)