



Red Wine Risotto with Peas

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice medium-grain white
- 0.5 cup cooking wine dry red
- 2 garlic cloves minced
- 3.5 cups low-salt chicken broth canned
- 1 cup onion finely chopped
- 0.5 cup parmesan grated for garnish
- 0.3 cup parsley leaves fresh italian chopped
- 0.3 cup peas frozen

- 4 servings salt and pepper black freshly ground
- 3 tablespoons butter unsalted

Equipment

- bowl
- sauce pan

Directions

- Watch how to make this recipe.
- Bring the broth to a simmer over medium-high heat. Cover the broth and keep it warm over very low heat.
- Melt the butter in a heavy large saucepan over medium heat.
- Add the onion and saute until translucent, about 8 minutes. Stir in the garlic and saute for 30 seconds. Stir in the rice and cook for about 2 minutes until the rice is toasted.
- Add the wine and stir until it is absorbed, about 1 minute.
- Add 3/4 cup of hot broth; simmer over medium-low heat until the liquid is absorbed, stirring often, about 6 minutes. Repeat, adding 3/4 cup of hot broth 2 more times, stirring often, about 12 minutes longer. At this point, the risotto can be made 4 hours ahead. Refrigerate the risotto (the rice will still be firm) and remaining broth, uncovered, until cool, then cover and keep them refrigerated until ready to proceed.
- Bring the remaining broth to a simmer, then cover and keep it warm over very low heat. Stir 3/4 cup of hot broth into the partially cooked risotto over medium heat until the broth is absorbed and the risotto is hot, about 3 minutes.
- Add the remaining broth and simmer until the rice is just tender and the mixture is creamy, about 5 minutes longer. Stir in the peas and parsley.
- Add the 1/2 cup of Parmesan. Season, to taste, with salt and pepper. Spoon the risotto into bowls.
- Sprinkle additional cheese over and serve.

Nutrition Facts

 **PROTEIN 14.29%**  **FAT 32.4%**  **CARBS 53.31%**

Properties

Glycemic Index:68.58, Glycemic Load:32.89, Inflammation Score:-8, Nutrition Score:16.312608584114%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 390.85kcal (19.54%), Fat: 13.37g (20.57%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 49.52g (16.51%), Net Carbohydrates: 46.57g (16.93%), Sugar: 2.8g (3.11%), Cholesterol: 31.08mg (10.36%), Sodium: 268.43mg (11.67%), Alcohol: 3.15g (100%), Alcohol %: 1.09% (100%), Protein: 13.27g (26.54%), Vitamin K: 65.79µg (62.66%), Folate: 137.91µg (34.48%), Manganese: 0.67mg (33.32%), Vitamin B3: 5.28mg (26.42%), Vitamin B1: 0.34mg (22.98%), Phosphorus: 228mg (22.8%), Calcium: 180.83mg (18.08%), Iron: 3.18mg (17.68%), Vitamin C: 13.25mg (16.06%), Selenium: 11.11µg (15.87%), Vitamin A: 769.84IU (15.4%), Copper: 0.26mg (13.21%), Fiber: 2.95g (11.8%), Vitamin B6: 0.21mg (10.43%), Potassium: 345.61mg (9.87%), Vitamin B2: 0.16mg (9.6%), Zinc: 1.39mg (9.24%), Vitamin B5: 0.8mg (7.99%), Magnesium: 29.68mg (7.42%), Vitamin B12: 0.37µg (6.24%), Vitamin E: 0.33mg (2.17%), Vitamin D: 0.22µg (1.47%)