



Rice and Peas with Trout

READY IN



40 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 cups peas fresh
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 tablespoons horseradish
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1 small onion chopped

- ☐ 0.5 cup parmesan cheese grated
- ☐ 6 ounces trout fillet smoked flaked

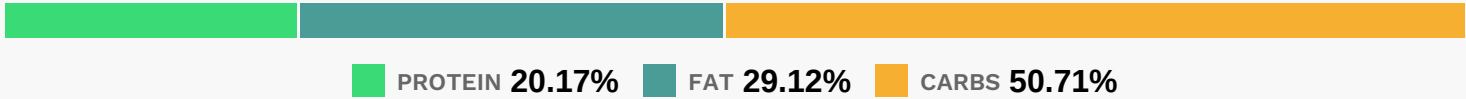
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat the olive oil in an ovenproof pot over medium heat.
- ☐ Add the onion and thyme and cook until the onion is slightly softened, about 2 minutes. Stir in the rice and cook, stirring, until glossy, 1 to 2 minutes.
- ☐ Add the wine and cook, stirring, until it's absorbed, about 1 minute.
- ☐ Add 1 teaspoon salt, and pepper to taste.
- ☐ Pour the broth and 1 1/2 cups water over the rice and bring to a simmer, about 4 minutes. Stir, then cover and transfer to the oven.
- ☐ Bake 20 minutes, stirring halfway through.
- ☐ Meanwhile, cook the peas in 4 cups salted boiling water until tender, about 5 minutes. Reserve 1 cup cooking water, then drain.
- ☐ Remove the rice from the oven. Stir in the peas, 1 tablespoon horseradish, the parmesan, and salt and pepper to taste. Stir in enough of the reserved cooking water until the rice is creamy. Divide among bowls. Top with the trout, the remaining tablespoon horseradish, and baby greens, if desired.
- ☐ Drizzle with olive oil.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:62.08, Glycemic Load:34.08, Inflammation Score:-9, Nutrition Score:21.186521671388%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 432.18kcal (21.61%), Fat: 13.56g (20.87%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 47.95g (17.44%), Sugar: 4.69g (5.21%), Cholesterol: 55.95mg (18.65%), Sodium: 506.96mg (22.04%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 21.14g (42.28%), Selenium: 33.12µg (47.31%), Manganese: 0.83mg (41.37%), Folate: 162.35µg (40.59%), Phosphorus: 359.69mg (35.97%), Vitamin C: 26.51mg (32.14%), Vitamin B1: 0.47mg (31.32%), Vitamin B12: 1.73µg (28.81%), Vitamin B3: 5.74mg (28.71%), Vitamin B6: 0.43mg (21.51%), Fiber: 5.18g (20.74%), Iron: 3.63mg (20.16%), Vitamin K: 18.14µg (17.28%), Vitamin B2: 0.27mg (15.7%), Calcium: 152.3mg (15.23%), Zinc: 2.23mg (14.86%), Potassium: 516.47mg (14.76%), Magnesium: 58.59mg (14.65%), Copper: 0.28mg (14.22%), Vitamin A: 621.01IU (12.42%), Vitamin B5: 1.15mg (11.48%), Vitamin E: 1.15mg (7.64%)