



Risi e Bisi, Italian Rice and Peas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 shallots minced
- ☐ 3 garlic cloves minced
- ☐ 0.3 pound prosciutto ham diced dry
- ☐ 1 cup arborio
- ☐ 2 cups chicken stock see
- ☐ 2 cups water
- ☐ 1 cup peas fresh

- ☐ 0.5 cup parsley chopped
- ☐ 0.3 cup parmesan cheese grated

Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Heat the olive oil in a medium-sized pot over medium-high heat. When it is hot, add the shallots and stir to combine.
- ☐ Let these sauté for 2–3 minutes.
- ☐ Heat stock and water: Meanwhile, heat up the stock and 1 cup of water in a small pot. You want this at a simmer while you make the rice.
- ☐ Add the garlic and the diced prosciutto to the pot with the shallots, stir well and cook for another 1–2 minutes.
- ☐ Pour in the rice, stir again and sauté for 2–3 minutes, stirring constantly.
- ☐ Slowly ladle in stock: Ladle some of the hot stock into the pot and start stirring. Risi e bisi is cooked like risotto, and is supposed to be pretty soupy, so you need a lot of water and you need to stir it constantly.
- ☐ Let this first ladle of stock cook down before you add the next.
- ☐ Keep adding stock, letting it cook down and stirring until you're done with the simmering stock. It is likely that you may need at least one more cup of water to finish the dish, because all that stirring in an open pot means you evaporate more liquid than you would when you cook rice the normal way, i.e., covered. If you think you are going to need more water, add more to the simmering stock.
- ☐ Add a little salt and some more hot tap water if the rice is still crunchy – you want the rice to be a little al dente, but not so much you're gnawing on raw grain.
- ☐ the parsley and the parmesan and mix well. Your finished rice should be slightly soupy, so it's OK to add a tad more water before serving.

Nutrition Facts



 PROTEIN **16.08%**  FAT **32.79%**  CARBS **51.13%**

Properties

Glycemic Index:54.58, Glycemic Load:33.75, Inflammation Score:-8, Nutrition Score:22.690869569778%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 428.2kcal (21.41%), Fat: 15.44g (23.75%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 49.81g (18.11%), Sugar: 5.52g (6.13%), Cholesterol: 26.61mg (8.87%), Sodium: 632.68mg (27.51%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.04g (34.08%), Vitamin K: 136.74µg (130.23%), Folate: 164.13µg (41.03%), Vitamin B1: 0.62mg (41.01%), Manganese: 0.78mg (39.04%), Vitamin C: 26.92mg (32.63%), Vitamin B3: 6.13mg (30.66%), Selenium: 20.02µg (28.6%), Phosphorus: 238.39mg (23.84%), Iron: 3.94mg (21.9%), Vitamin B6: 0.43mg (21.6%), Vitamin A: 967.73IU (19.35%), Fiber: 4.36g (17.44%), Vitamin B2: 0.27mg (15.98%), Copper: 0.31mg (15.65%), Zinc: 2.29mg (15.26%), Potassium: 458.3mg (13.09%), Magnesium: 45.27mg (11.32%), Calcium: 96.38mg (9.64%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 1.29mg (8.6%), Vitamin B12: 0.27µg (4.43%), Vitamin D: 0.23µg (1.53%)