



Risi e Bisi -- Italian style rice and peas

READY IN



27 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1 quart chicken stock available in paper box containers on soup aisle recommended: Kitchen Basics brand
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup peas frozen
- ☐ 0.5 cup romano cheese grated
- ☐ 4 servings salt and pepper

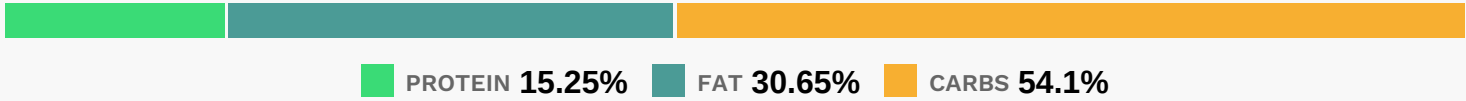
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Place chicken stock in a small pot and warm over low heat.
- ☐ Heat a medium sized skillet over medium heat.
- ☐ Add extra-virgin olive oil 2 turns of the pan, and garlic.
- ☐ Saute garlic 1 minute, then add Arborio. Toast the Arborio rice 2 minutes, then ladle in 1/3 of the stock. Bring to a bubble. Stir rice occasionally, allowing the rice to get starchy and the stock to cook into the rice.
- ☐ Add more stock when rice starts to become dry. Continue stirring and ladling broth until rice is al dente, 22 minutes. Stir in peas and cheese and season with salt and pepper, to your taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:32.96, Inflammation Score:-6, Nutrition Score:16.093043530765%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 406.02kcal (20.3%), Fat: 13.62g (20.95%), Saturated Fat: 3.96g (24.76%), Carbohydrates: 54.1g (18.03%), Net Carbohydrates: 50.6g (18.4%), Sugar: 5.9g (6.56%), Cholesterol: 20.1mg (6.7%), Sodium: 684.82mg (29.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.49%), Folate: 151.81µg (37.95%), Manganese: 0.7mg (34.76%), Vitamin B3: 6.57mg (32.86%), Vitamin B1: 0.47mg (31.29%), Phosphorus: 247.82mg (24.78%), Selenium: 15.43µg (22.05%), Vitamin B2: 0.32mg (18.87%), Vitamin C: 15.44mg (18.72%), Iron: 3.31mg (18.37%), Vitamin B6: 0.32mg (16.02%), Calcium: 153.57mg (15.36%), Copper: 0.3mg (15.25%), Fiber: 3.5g (13.99%), Vitamin K: 13.98µg

(13.31%), Potassium: 391.74mg (11.19%), Zinc: 1.67mg (11.14%), Magnesium: 38.43mg (9.61%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.74mg (7.43%), Vitamin A: 336.42IU (6.73%), Vitamin B12: 0.14µg (2.33%)