



Risi e Bisi with Ham and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 1 rib celery chopped
- 2 quarts chicken broth low-sodium homemade canned
- 1.3 pounds deli ham cut into small dice
- 0.5 cup cooking wine dry white
- 2 tablespoons parsley fresh chopped
- 1 large clove garlic minced
- 0.5 teaspoon fresh-ground pepper black

- 1 onion chopped
- 0.8 cup parmesan grated
- 2 cups peas frozen (one 10-ounce package)
- 1.5 cups rice
- 1.8 teaspoons salt

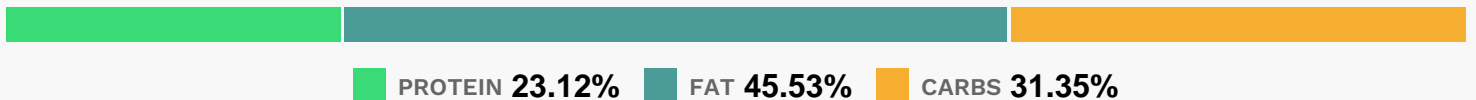
Equipment

- pot

Directions

- In a large pot, melt the butter over moderately low heat.
- Add the onion, celery, and garlic and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- Add the wine and boil until it almost evaporates, about 5 minutes.
- Add the broth and bring to a boil. Boil until the liquid is reduced to approximately 7 cups, about 20 minutes.
- Add the rice, parsley, and salt and cook at a low boil, stirring occasionally, until the rice is just tender, 10 to 15 minutes. Stir in the peas, ham, Parmesan, and pepper.
- Petite Peas: Peas are one of the few vegetables that are usually better frozen than fresh. Frozen petite peas consistently have good flavor, a pleasant sweetness, and tender texture. In the springtime, if you can find truly fresh, sweet peas, by all means use them here. Just add them with the rice and parsley.
- Wine Recommendation: A light and unpretentious red will make the best partner for this dish. Look to the Veneto for the tart-cherry flavor of a crisp Bardolino or a slightly fuller Valpolicella.

Nutrition Facts



Properties

Glycemic Index:87.63, Glycemic Load:37.2, Inflammation Score:-9, Nutrition Score:37.118695632271%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 995.63kcal (49.78%), Fat: 49.3g (75.85%), Saturated Fat: 23.39g (146.21%), Carbohydrates: 76.38g (25.46%), Net Carbohydrates: 70.57g (25.66%), Sugar: 6.59g (7.32%), Cholesterol: 145.78mg (48.59%), Sodium: 3296.29mg (143.32%), Alcohol: 3.09g (100%), Alcohol %: 0.45% (100%), Protein: 56.32g (112.64%), Vitamin B3: 15.62mg (78.11%), Phosphorus: 757.02mg (75.7%), Vitamin B1: 1.12mg (74.76%), Selenium: 48.72µg (69.6%), Manganese: 1.21mg (60.34%), Vitamin K: 56.22µg (53.54%), Vitamin B6: 0.91mg (45.36%), Vitamin C: 34.24mg (41.5%), Zinc: 6.08mg (40.55%), Vitamin B2: 0.68mg (39.72%), Potassium: 1196.37mg (34.18%), Copper: 0.67mg (33.5%), Calcium: 312.32mg (31.23%), Vitamin A: 1441.22IU (28.82%), Vitamin B12: 1.64µg (27.35%), Iron: 4.33mg (24.08%), Fiber: 5.81g (23.23%), Magnesium: 90.09mg (22.52%), Folate: 71.1µg (17.77%), Vitamin B5: 1.62mg (16.23%), Vitamin E: 1.26mg (8.4%), Vitamin D: 1.09µg (7.24%)