



Risotto alla Primavera

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup pieces asparagus thin
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 stalks garlic green minced chopped
- ☐ 1 medium leek white sliced thin (part only)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 ounce onion chopped
- ☐ 0.8 cup parmesan cheese freshly grated for serving
- ☐ 0.3 cup parsley fresh italian chopped

- ☐ 0.3 pound peas frozen shelled
- ☐ 2 cups carnaroli rice
- ☐ 3 tablespoons butter unsalted divided
- ☐ 6.5 cups vegetable broth ()

Equipment

- ☐ sauce pan

Directions

- ☐ Bring broth to simmer in medium saucepan. Cover; keep warm over low heat. Melt 1 tablespoon butter with oil in heavy large saucepan over medium-low heat.
- ☐ Add onion, leek, and garlic. Sauté until wilted and almost tender, about 6 minutes.
- ☐ Add rice; stir until rice is translucent at edges but still opaque in center, about 3 minutes.
- ☐ Add wine; simmer until almost all liquid is absorbed, stirring often, about 1 minute.
- ☐ Add broth 1 cup at a time until rice is about half cooked, allowing each addition to be absorbed before adding next and stirring often, about 9 minutes. Stir in asparagus, peas (if using fresh), and parsley. Continue adding broth by cupfuls and stirring until rice is almost tender, about 6 minutes longer.
- ☐ Add peas (if using frozen). Cook until rice is tender but still firm to bite and mixture is creamy, about 2 minutes longer.
- ☐ Remove from heat.
- ☐ Add 3/4 cup cheese and 2 tablespoons butter. Stir until cheese and butter melt. Season with salt and pepper.
- ☐ Serve, passing additional cheese alongside.
- ☐ Market tip
- ☐ Farmers' markets often sell green garlic in the spring. It looks similar to a green onion, with a white root end and a long green stalk. Sometimes the root end has a small bulb that is tinged with pink.

Nutrition Facts



Properties

Glycemic Index:56.56, Glycemic Load:45.56, Inflammation Score:-9, Nutrition Score:19.471739017445%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg, Isorhamnetin: 3.17mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 436.58kcal (21.83%), Fat: 12.06g (18.56%), Saturated Fat: 6g (37.48%), Carbohydrates: 67.59g (22.53%), Net Carbohydrates: 63.18g (22.97%), Sugar: 6.07g (6.74%), Cholesterol: 25.92mg (8.64%), Sodium: 1246.89mg (54.21%), Alcohol: 2.06g (100%), Alcohol %: 0.57% (100%), Protein: 10.36g (20.71%), Vitamin K: 64.29µg (61.23%), Folate: 199.54µg (49.89%), Manganese: 0.97mg (48.4%), Vitamin B1: 0.49mg (32.85%), Vitamin A: 1597.4IU (31.95%), Iron: 4.25mg (23.62%), Selenium: 15.77µg (22.53%), Vitamin C: 16.82mg (20.38%), Phosphorus: 198mg (19.8%), Fiber: 4.41g (17.65%), Vitamin B3: 3.53mg (17.64%), Calcium: 147.59mg (14.76%), Vitamin B6: 0.27mg (13.65%), Copper: 0.26mg (12.98%), Zinc: 1.77mg (11.82%), Vitamin B5: 1.08mg (10.75%), Magnesium: 40.48mg (10.12%), Vitamin B2: 0.15mg (9.08%), Potassium: 277.87mg (7.94%), Vitamin E: 1mg (6.68%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.17µg (1.12%)