



Risotto Primavera

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



707 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice
- 1.5 cups arborio rice
- 12 ounces asparagus trimmed cut into 1-inch pieces
- 0.3 teaspoon pepper black
- 1 pint cherry tomatoes
- 2.3 cups fat-skimmed beef broth fat-free
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil divided

- 1.5 cups onion chopped
- 0.5 cup peas green frozen
- 2 ounces pecorino cheese divided
- 0.5 teaspoon salt divided
- 3.3 cups water
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- sauce pan
- oven
- dutch oven

Directions

- Preheat oven to 400
- Toss 1 1/2 teaspoons olive oil, 1/8 teaspoon salt, and tomatoes on a parchment-lined jelly-roll pan.
- Bake at 400 for 15 minutes or until tomatoes burst.
- Heat 3 1/4 cups water and broth in a saucepan over medium heat (do not boil).
- Heat remaining 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- Add onion to pan; cook 5 minutes, stirring frequently.
- Add rice; cook 1 minute. Stir in vinegar; cook 30 seconds or until the liquid is absorbed, stirring constantly.
- Add broth mixture, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20 minutes total).
- Add peas and asparagus to pan with last 1/2 cup of broth mixture.
- Remove from heat; grate 1 ounce cheese. Stir in grated cheese, remaining 3/8 teaspoon salt, and juice. Spoon about 1 3/4 cups risotto into each of 4 bowls; top evenly with tomatoes. Shave remaining cheese evenly over each serving; sprinkle with pepper.

Nutrition Facts

PROTEIN 11.19% FAT 11.16% CARBS 77.65%

Properties

Glycemic Index:81.58, Glycemic Load:96.49, Inflammation Score:-9, Nutrition Score:36.040869638972%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.85mg, Isorhamnetin: 7.85mg, Isorhamnetin: 7.85mg, Isorhamnetin: 7.85mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 24.91mg, Quercetin: 24.91mg, Quercetin: 24.91mg, Quercetin: 24.91mg

Nutrients (% of daily need)

Calories: 707.45kcal (35.37%), Fat: 8.69g (13.37%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 136.03g (45.34%), Net Carbohydrates: 127.12g (46.23%), Sugar: 8.51g (9.45%), Cholesterol: 14.74mg (4.91%), Sodium: 1012.89mg (44.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.23%), Folate: 432.33µg (108.08%), Manganese: 2mg (100.16%), Vitamin B1: 1.1mg (73.52%), Vitamin C: 44.91mg (54.44%), Iron: 9.72mg (54%), Vitamin B3: 8.81mg (44.04%), Selenium: 30.7µg (43.86%), Vitamin K: 46.05µg (43.86%), Phosphorus: 379.69mg (37.97%), Fiber: 8.91g (35.64%), Copper: 0.68mg (34.11%), Vitamin A: 1421.02IU (28.42%), Vitamin B6: 0.56mg (28.1%), Vitamin B5: 2.63mg (26.29%), Calcium: 219.39mg (21.94%), Potassium: 734.54mg (20.99%), Zinc: 3.02mg (20.12%), Vitamin B2: 0.34mg (19.89%), Magnesium: 78.79mg (19.7%), Vitamin E: 2.2mg (14.68%), Vitamin B12: 0.41µg (6.9%)