



HEALTH SCORE

56%

Risotto Primavera



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup water
- ☐ 0.5 cup onion chopped
- ☐ 1 pound asparagus cut into 1-inch pieces
- ☐ 1 cup rice white uncooked
- ☐ 29 ounces vegetable stock canned
- ☐ 2 cups broccoli florets
- ☐ 1 cup peas sweet frozen
- ☐ 3 tablespoons parmesan cheese grated

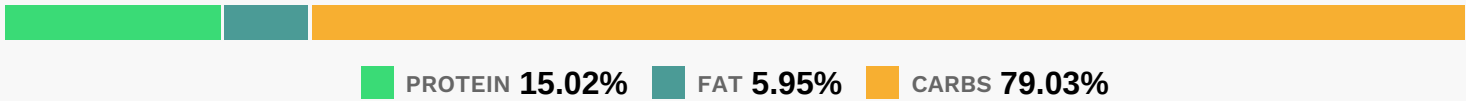
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat water to boiling. Cook onion and asparagus in water, stirring frequently, until crisp-tender.
- ☐ Remove mixture from saucepan.
- ☐ Spray saucepan with cooking spray; add rice to saucepan. Cook, stirring frequently, until rice begins to brown.
- ☐ Pour 1/2 cup of the broth over rice. Cook uncovered, stirring occasionally, until liquid is absorbed. Continue cooking 15 to 20 minutes, adding broth 1/2 cup at a time and stirring occasionally, until rice is tender and creamy; add asparagus mixture, broccoli and peas with the last addition of broth.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:26.49, Inflammation Score:-9, Nutrition Score:23.693043737308%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg, Quercetin: 21.4mg

Nutrients (% of daily need)

Calories: 270.39kcal (13.52%), Fat: 1.82g (2.81%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 48.01g (17.46%), Sugar: 7.61g (8.46%), Cholesterol: 3.26mg (1.09%), Sodium: 910.71mg (39.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin K: 102.76µg (97.87%), Vitamin C: 62.92mg (76.26%), Manganese: 0.96mg (47.78%), Vitamin A: 1888.69IU (37.77%), Folate: 118.92µg (29.73%), Fiber: 6.57g (26.29%), Vitamin B1: 0.33mg (22.23%), Phosphorus: 210.91mg (21.09%), Copper: 0.41mg (20.69%), Iron: 3.72mg (20.67%), Selenium: 12.79µg (18.28%), Vitamin B2: 0.3mg (17.76%), Vitamin B6: 0.35mg (17.35%), Potassium:

550.58mg (15.73%), Vitamin B3: 2.92mg (14.62%), Magnesium: 52.42mg (13.1%), Zinc: 1.95mg (13%), Vitamin E: 1.76mg (11.72%), Vitamin B5: 1.11mg (11.15%), Calcium: 108.81mg (10.88%)