



HEALTH SCORE

52%

Risotto Primavera



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 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

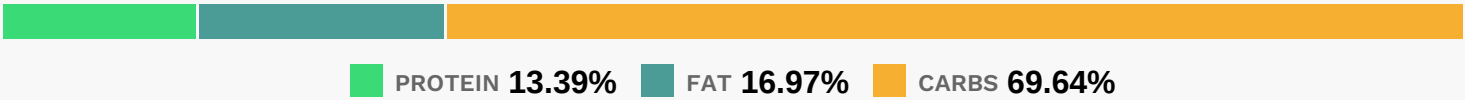
Equipment

- ☐ 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



Properties

Glycemic Index:61.08, Glycemic Load:49.53, Inflammation Score:-9, Nutrition Score:27.141739025064%

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: 438.95kcal (21.95%), Fat: 8.3g (12.77%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 76.67g (25.56%), Net Carbohydrates: 69.86g (25.4%), Sugar: 8.51g (9.45%), Cholesterol: 14.74mg (4.91%), Sodium: 1012.14mg (44.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Folate: 259.08µg (64.77%), Manganese: 1.23mg (61.28%), Vitamin C: 44.91mg (54.44%), Vitamin B1: 0.68mg (45.27%), Vitamin K: 46.05µg (43.86%), Iron: 6.55mg (36.38%), Phosphorus: 308.44mg (30.84%), Vitamin B3: 5.72mg (28.61%), Vitamin A: 1421.02IU (28.42%), Selenium: 19.37µg (27.68%), Fiber: 6.81g (27.24%), Copper: 0.52mg (26.24%), Calcium: 217.14mg (21.71%), Vitamin B6: 0.43mg (21.69%), Potassium: 677.54mg (19.36%), Vitamin B2: 0.3mg (17.77%), Vitamin B5: 1.66mg (16.64%), Magnesium: 61.54mg (15.39%), Vitamin E: 2.2mg (14.68%), Zinc: 2.19mg (14.62%), Vitamin B12: 0.41µg (6.9%)