



Risotto Primavera

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



750 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 11.5 ounces arborio rice medium-grain white
- ☐ 8 ounces asparagus trimmed
- ☐ 8 baby carrots trimmed to 1/2 inch peeled
- ☐ 0.3 cup butter cut into 1-inch pieces ()
- ☐ 1 medium carrots peeled
- ☐ 0.8 cup wine dry white
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 4.5 cups chicken broth ()

- ☐ 4 tablespoons olive oil
- ☐ 4 ounces parmesan cheese freshly grated
- ☐ 6 servings parmesan cheese freshly grated
- ☐ 1 cup peas frozen thawed
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 medium size baby squash yellow trimmed seeded quartered
- ☐ 1 large onion white finely chopped
- ☐ 1 medium zucchini trimmed seeded quartered

Equipment

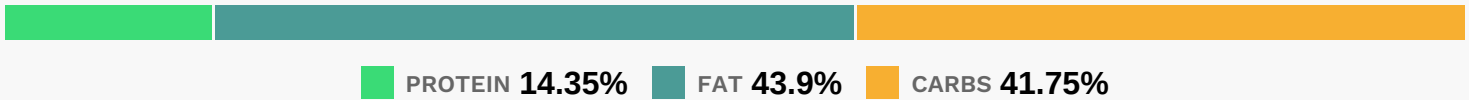
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cut 1/4-inch slice off 1 long side of carrot to stabilize.
- ☐ Cut lengthwise into 1/8-inch-thick slices. Stack half of slices and cut lengthwise into 1/8-inch-thick strips.
- ☐ Cut strips crosswise into 1/8-inch cubes. Repeat with remaining slices.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add asparagus, zucchini, and crookneck squash; sprinkle with salt and pepper. Sauté until vegetables begin to soften, about 2 minutes. Set vegetables aside.
- ☐ Bring broth to simmer in medium saucepan over low heat. Cover and keep warm.
- ☐ Heat 3 tablespoons oil in heavy large pot over medium-high heat.
- ☐ Add onion and cubed carrot. Sauté until onion begins to soften, about 2 minutes.
- ☐ Add rice; stir until rice is translucent at edges but still opaque in center, about 3 minutes.
- ☐ Add wine and simmer until absorbed, stirring occasionally, about 3 minutes.

- ☐ Add 1 cup warm broth and baby carrots. Simmer until broth is almost absorbed, stirring often, about 4 minutes.
- ☐ Add 2 cups more broth, 1 cup at a time, allowing each addition to be absorbed before adding next and stirring frequently, about 10 minutes.
- ☐ Mix in sautéed vegetables and 1 cup broth. Simmer until broth is just absorbed, stirring often, about 5 minutes.
- ☐ Add 1 1/3 cups cheese, peas, butter, and 1/2 cup broth. Simmer until butter melts, rice and vegetables are just tender, and risotto is creamy, stirring often and adding more broth by 1/4 cupfuls if risotto is dry, about 3 minutes longer.
- ☐ Mix in basil; season with salt and pepper.
- ☐ Transfer risotto to large shallow bowl.
- ☐ Sprinkle with pine nuts.
- ☐ Serve, passing additional cheese separately.

Nutrition Facts



Properties

Glycemic Index:63.69, Glycemic Load:36.24, Inflammation Score:-10, Nutrition Score:37.774782424388%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg, Quercetin: 10.61mg

Nutrients (% of daily need)

Calories: 749.73kcal (37.49%), Fat: 36.34g (55.91%), Saturated Fat: 14.5g (90.63%), Carbohydrates: 77.75g (25.92%), Net Carbohydrates: 69.9g (25.42%), Sugar: 8.59g (9.54%), Cholesterol: 62.88mg (20.96%), Sodium: 1000.08mg (43.48%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 26.72g (53.45%), Vitamin A: 18127.56IU (362.55%), Manganese: 1.69mg (84.71%), Vitamin C: 47.08mg (57.07%), Phosphorus: 569.84mg (56.98%), Folate: 219.54µg (54.89%), Calcium: 544.2mg (54.42%), Vitamin K: 45.76µg (43.58%), Vitamin B1: 0.62mg

(41.57%), Selenium: 27.74µg (39.63%), Vitamin B3: 7.72mg (38.62%), Iron: 5.76mg (32.01%), Potassium: 1107.85mg (31.65%), Vitamin E: 4.72mg (31.49%), Fiber: 7.86g (31.42%), Magnesium: 116.67mg (29.17%), Zinc: 4.2mg (28.01%), Copper: 0.56mg (27.8%), Vitamin B6: 0.55mg (27.65%), Vitamin B2: 0.43mg (25.19%), Vitamin B5: 1.71mg (17.11%), Vitamin B12: 0.85µg (14.22%), Vitamin D: 0.24µg (1.63%)