



WHATSheATE



Risotto with Asparagus



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



610 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 2 pounds asparagus thick
- ☐ 1 head bibb lettuce cut into strips
- ☐ 0.3 cup cooking wine dry white
- ☐ 6 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 sprig lemon thyme fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 6 servings olive oil extra-virgin for drizzling
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings pepper freshly ground
- ☐ 1 large shallots diced
- ☐ 8 ounces taleggio cheese thinly sliced
- ☐ 4 tablespoons butter unsalted

Equipment

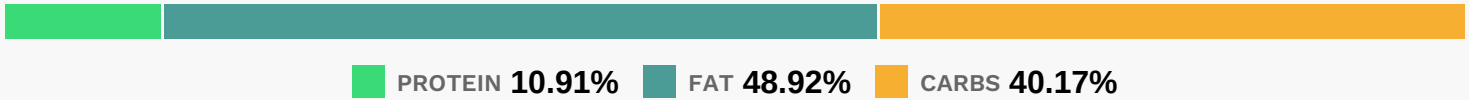
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ peeler

Directions

- ☐ Peel the bottom third of the asparagus stalks with a vegetable peeler. Snap each stalk where it breaks naturally; reserve 4 of the peeled bottoms for crostini (below). Thinly slice 6 asparagus bottoms and place the rest of the bottoms in a saucepan with 8 cups water and the thyme to make asparagus broth; bring to a simmer.
- ☐ Heat 2 tablespoons butter in a saucepan over medium heat.
- ☐ Add the shallot and cook, stirring, until translucent, about 2 minutes.
- ☐ Add the rice and cook, stirring, until glossy, about 1 minute.
- ☐ Add 1 1/4 teaspoons salt.
- ☐ Pour in the wine and stir until absorbed. Stir in 1/2 cup of the asparagus broth until absorbed (use a ladle to add the broth, keeping the solids in the pan). Continue to add broth in 1/2-cup increments, stirring constantly and allowing the liquid to be absorbed before adding more, about 10 minutes. (You should have about half the broth left.) Stir in the sliced asparagus bottoms and the lemon zest.
- ☐ Add the remaining broth, 1/2 cup at a time, until the rice is just tender, 5 to 8 more minutes.
- ☐ Meanwhile, place the asparagus tips in a large skillet, cover with water and season with salt and pepper. Simmer over medium-high heat until just tender, about 5 minutes.

- ☐
- Add the remaining 2 tablespoons butter, the parmesan and lemon juice to the risotto. Stir in the lettuce, remove from the heat and season with salt. Divide among bowls, top with the robiola and season with pepper.
- ☐
- Drizzle the asparagus tips with olive oil and spoon over the risotto.
- ☐
- Photograph by Roland Bello

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:42.84, Inflammation Score:-10, Nutrition Score:26.74608690324%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 21.89mg, Quercetin: 21.89mg, Quercetin: 21.89mg, Quercetin: 21.89mg

Nutrients (% of daily need)

Calories: 609.65kcal (30.48%), Fat: 33.18g (51.05%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 61.31g (20.44%), Net Carbohydrates: 55.71g (20.26%), Sugar: 3.63g (4.04%), Cholesterol: 54.76mg (18.25%), Sodium: 744.28mg (32.36%), Alcohol: 1.37g (100%), Alcohol %: 0.52% (100%), Protein: 16.65g (33.3%), Vitamin K: 100.12µg (95.35%), Folate: 255.13µg (63.78%), Vitamin A: 3070.26IU (61.41%), Manganese: 1.03mg (51.4%), Vitamin B1: 0.61mg (40.97%), Iron: 6.63mg (36.84%), Calcium: 308.38mg (30.84%), Vitamin E: 4.03mg (26.83%), Selenium: 15.82µg (22.6%), Fiber: 5.6g (22.39%), Copper: 0.44mg (22.07%), Vitamin B3: 4.36mg (21.79%), Phosphorus: 193.83mg (19.38%), Vitamin B2: 0.29mg (17%), Vitamin B6: 0.3mg (15.12%), Vitamin C: 11.58mg (14.03%), Vitamin B5: 1.37mg (13.66%), Potassium: 461.9mg (13.2%), Zinc: 1.89mg (12.62%), Magnesium: 45.01mg (11.25%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.17µg (1.12%)