



Risotto with Asparagus, Fennel, and Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice uncooked
- 1.5 cups asparagus ()
- 0.1 teaspoon pepper black
- 0.3 cup wine dry white
- 5 cups fat-skimmed beef broth fat-free
- 0.8 cup fennel bulb thinly sliced (1 small bulb)
- 2 cups leek thinly sliced (2 large)
- 1 tablespoon olive oil

- 1 ounce parmesan fresh grated
- 0.5 teaspoon rosemary dried fresh chopped

Equipment

- sauce pan

Directions

- Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat the olive oil in a large saucepan over medium-high heat; add the leek and fennel, and saut for 5 minutes or until tender.
- Add the rice, and cook for 1 minute, stirring constantly. Stir in the wine, and cook for 1 minute or until the liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth, and cook until the liquid is nearly absorbed, stirring constantly.
- Add the asparagus, rosemary, black pepper, and remaining broth, 1/2 cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next (about 15 minutes total). Stir in grated cheese.

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:32.96, Inflammation Score:-8, Nutrition Score:14.578695573237%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 262.22kcal (13.11%), Fat: 4.29g (6.6%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 43.6g (15.86%), Sugar: 2.63g (2.92%), Cholesterol: 3.21mg (1.07%), Sodium: 862.7mg (37.51%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 7.29g (14.58%), Folate: 157.2µg (39.3%), Manganese: 0.77mg (38.69%), Vitamin K: 36.3µg (34.57%), Vitamin B1: 0.37mg (24.33%), Iron: 3.88mg (21.58%), Selenium: 13.93µg (19.9%), Vitamin B3: 3.65mg (18.26%), Vitamin A: 799.77IU (16%), Phosphorus: 136.21mg (13.62%), Copper: 0.25mg (12.48%), Fiber: 2.99g (11.95%), Vitamin B6: 0.23mg (11.31%), Vitamin B5: 1.06mg (10.56%), Calcium: 97.1mg (9.71%), Vitamin B2: 0.14mg (8.27%), Vitamin C: 6.75mg (8.18%), Magnesium: 31.41mg (7.85%), Potassium: 272.95mg (7.8%), Vitamin B12: 0.44µg (7.25%), Vitamin E: 1.06mg (7.08%), Zinc: 0.97mg (6.46%)