



Risotto With Fresh Peas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



685 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 cups chicken stock see
- 0.3 cup butter
- 2 tablespoons olive oil extra virgin
- 2 cups onion finely chopped
- 2 garlic clove minced
- 1.5 cups arborio rice
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- 0.7 cup wine dry white

- 0.8 cup peas
- 0.7 cup parmesan grated
- 1 bay leaves
- 6 servings salt and pepper

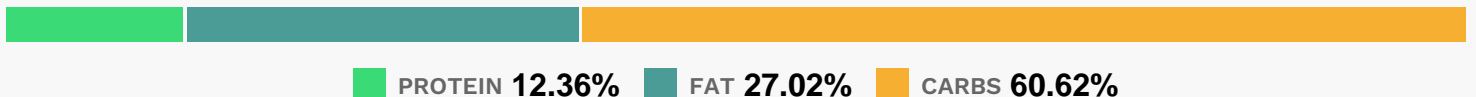
Equipment

- sauce pan

Directions

- Melt butter in heavy large saucepan over medium heat, add evo, bay leaf and onions. Season with salt and pepper. Cook until onions are translucent.
- Add minced garlic.
- Saute until tender, roughly 8 minutes.
- Stir in the rice and toast it for a few minutes.
- Add wine, cook until the liquid is absorbed, stirring often, about 2 minutes.
- Add 1 cup of HOT chicken broth at a time, making sure the liquid is absorbed, stirring often. This process should be done over medium low heat and will take about 28 minutes.
- Add 1 cup of chicken broth roughly every 3 minutes. Cook the rice until tender and mixture is creamy.
- Continue to stir in the peas, Parmesan, salt and pepper to taste. Cook until the mixture has absorbed all the liquid. It will double in size.
- Let cool and don't eat it all. For some reason, the mixture doesn't last long around my house.

Nutrition Facts



Properties

Glycemic Index:59.56, Glycemic Load:64.7, Inflammation Score:-8, Nutrition Score:23.218260869565%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Taste

Sweetness: 37.92%, Saltiness: 100%, Sourness: 30.23%, Bitterness: 26.87%, Savoriness: 52.49%, Fattiness: 89.74%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 685.25kcal (34.26%), Fat: 19.7g (30.31%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 99.44g (33.15%), Net Carbohydrates: 94.67g (34.43%), Sugar: 8.71g (9.67%), Cholesterol: 37.49mg (12.5%), Sodium: 895.85mg (38.95%), Alcohol: 2.75g (15.26%), Protein: 20.27g (40.54%), Folate: 270.3µg (67.58%), Manganese: 1.23mg (61.61%), Vitamin B1: 0.76mg (50.53%), Vitamin B3: 9.68mg (48.4%), Selenium: 25.5µg (36.42%), Iron: 5.5mg (30.54%), Phosphorus: 302.17mg (30.22%), Vitamin B6: 0.5mg (24.86%), Vitamin B2: 0.4mg (23.74%), Copper: 0.44mg (22.17%), Fiber: 4.77g (19.06%), Calcium: 167.74mg (16.77%), Potassium: 569.7mg (16.28%), Zinc: 2.22mg (14.81%), Vitamin C: 12.16mg (14.74%), Vitamin B5: 1.45mg (14.5%), Magnesium: 55.13mg (13.78%), Vitamin A: 473.59IU (9.47%), Vitamin K: 9.13µg (8.7%), Vitamin E: 1.05mg (6.98%), Vitamin B12: 0.15µg (2.49%)