



Risotto With Peas And Peppers

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2.7 ounces parmesan cheese freshly grated
- ☐ 0.7 cup peas frozen english thawed
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup roasted peppers red drained chopped
- ☐ 0.3 cup tomatoes dried diced packed (without oil)
- ☐ 14.5 ounce vegetable broth canned

☐ 2.8 cups water

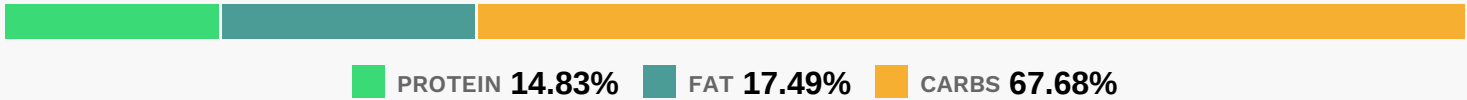
Equipment

☐ sauce pan

Directions

- ☐ Combine broth and water in a medium saucepan; place over medium heat. Cover and bring to a simmer; reduce heat to low, and keep warm. (Do not boil.)
- ☐ Coat a large saucepan with cooking spray; place over medium-low heat until hot.
- ☐ Add rice and 1 cup simmering broth mixture. Cook, stirring constantly, until most of liquid is absorbed.
- ☐ Add 1 1/2 cups broth mixture, 1/2 cup at a time, cooking and stirring constantly until each 1/2 cup addition is absorbed. Stir in tomato.
- ☐ Add remaining 2 cups broth mixture, 1/2 cup at a time, cooking and stirring constantly until each 1/2 cup addition is absorbed. (Rice will be tender and will have a creamy consistency.)
- ☐ Add peas and remaining ingredients, stirring until cheese melts; serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.58, Glycemic Load:33.76, Inflammation Score:-7, Nutrition Score:15.231739059738%

Nutrients (% of daily need)

Calories: 305.07kcal (15.25%), Fat: 5.92g (9.1%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 47.47g (17.26%), Sugar: 4.86g (5.4%), Cholesterol: 16.44mg (5.48%), Sodium: 918.9mg (39.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Manganese: 0.84mg (41.8%), Folate: 140.11µg (35.03%), Vitamin B1: 0.39mg (26.15%), Phosphorus: 221.37mg (22.14%), Vitamin C: 17.8mg (21.57%), Selenium: 15.05µg (21.5%), Calcium: 200.93mg (20.09%), Iron: 3.48mg (19.34%), Vitamin B3: 3.29mg (16.44%), Fiber: 4.04g (16.16%), Copper: 0.3mg (15.02%), Vitamin A: 697.88IU (13.96%), Zinc: 1.86mg (12.39%), Vitamin K: 12.79µg (12.18%), Potassium: 394.21mg (11.26%), Magnesium: 44.11mg (11.03%), Vitamin B6: 0.19mg (9.56%), Vitamin B2: 0.16mg (9.49%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.26µg (4.25%), Vitamin E: 0.22mg (1.48%)