



Risotto With Pesto and Peas

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.8 cup ham diced
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 servings kosher salt
- ☐ 3 leeks light white green thinly sliced and parts only
- ☐ 1 cup mozzarella balls fresh diced
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup peas frozen thawed

- ☐ 0.8 cup pesto prepared
- ☐ 2 tablespoons butter unsalted

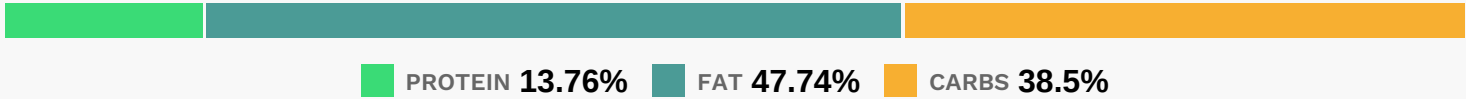
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Make the broth: Bring 6 cups water and 1 teaspoon salt to a simmer in a medium saucepan over medium heat.
- ☐ Add the leeks and cook until tender, 3 to 4 minutes; remove with a slotted spoon to a bowl. Adjust the heat to keep the broth at a gentle simmer.
- ☐ Meanwhile, heat 1 tablespoon butter in a wide saucepan over medium-high heat.
- ☐ Add the rice and cook, stirring, 1 minute.
- ☐ Add the wine and cook, stirring, until almost evaporated, about 1 more minute.
- ☐ Add 2 cups of the hot leek broth to the rice; cook, stirring occasionally, until almost absorbed, about 6 minutes (adjust the heat to keep the risotto at a simmer).
- ☐ Add 1 more cup broth and cook, stirring, until almost absorbed, about 5 more minutes.
- ☐ Add the leeks, peas and 1 more cup broth and cook, stirring, until almost absorbed, about 5 more minutes. Taste the rice: If it is not fully cooked, add a little more broth and continue to cook, stirring, until al dente.
- ☐ Stir in the ham and remaining 1 tablespoon butter.
- ☐ Remove from the heat; stir in 2/3 cup pesto, the mozzarella and Parmesan. Season with salt. Divide among bowls and top with the remaining pesto.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:50.08, Glycemic Load:35.58, Inflammation Score:-9, Nutrition Score:20.306087094805%

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 Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 638.23kcal (31.91%), Fat: 32.83g (50.51%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 54.15g (19.69%), Sugar: 6.92g (7.69%), Cholesterol: 47.72mg (15.91%), Sodium: 1143.14mg (49.7%), Alcohol: 3.09g (100%), Alcohol %: 1.32% (100%), Protein: 21.29g (42.58%), Vitamin A: 2600.03IU (52%), Manganese: 1.03mg (51.33%), Folate: 183.17µg (45.79%), Vitamin K: 41.19µg (39.22%), Calcium: 366.58mg (36.66%), Vitamin B1: 0.43mg (28.38%), Vitamin C: 22.51mg (27.28%), Iron: 4.64mg (25.8%), Fiber: 5.41g (21.65%), Phosphorus: 203.84mg (20.38%), Selenium: 11.78µg (16.83%), Vitamin B6: 0.33mg (16.44%), Vitamin B3: 3.15mg (15.75%), Copper: 0.26mg (12.77%), Magnesium: 50.8mg (12.7%), Zinc: 1.47mg (9.77%), Vitamin B5: 0.85mg (8.52%), Vitamin B2: 0.14mg (8.25%), Potassium: 281.12mg (8.03%), Vitamin E: 0.85mg (5.67%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.17µg (1.12%)