



## Risotto with Smoked Turkey, Leeks, and Mascarpone

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



922 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.5 pounds leeks white washed well thin ( 3)
- ☐ 1 cup mascarpone cheese
- ☐ 3 tablespoons olive oil
- ☐ 2 teaspoons salt

- ☐ 5 cups veggie broth low-sodium homemade canned
- ☐ 6 ounces turkey smoked cut into 1/4-inch dice
- ☐ 1 cup water

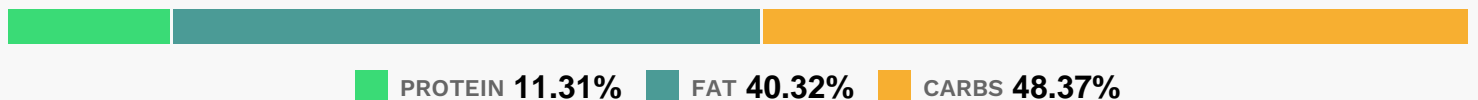
## Equipment

- ☐ sauce pan
- ☐ pot

## Directions

- ☐ In a medium saucepan, bring the broth and water to a simmer.
- ☐ In a large pot, heat the oil over moderately low heat.
- ☐ Add the leeks and cook, stirring occasionally, until translucent, about 10 minutes.
- ☐ Add the rice and stir until it begins to turn opaque, about 2 minutes.
- ☐ Add the wine and salt to the rice and cook, stirring frequently, until all of the wine has been absorbed.
- ☐ Add about 1/2 cup of the simmering broth to the rice and cook, stirring frequently, until the broth has been completely absorbed. The rice and broth should bubble gently; adjust the heat as needed. Continue cooking the rice, adding the broth 1/2 cup at a time and allowing the rice to absorb the stock before adding the next 1/2 cup. Cook the rice in this way until tender, 25 to 30 minutes in all. The broth that hasn't been absorbed should be thickened by the starch from the rice. You may not need to use all of the liquid, or you may need to add more broth or water.
- ☐ Add the turkey, cheese, and pepper.
- ☐ Wine Recommendation: Go for an Italian white wine with good body and acidity to offset the creaminess here. Look for an Arneis from the Piedmont region or pinot grigios from the regions of Alto Adige or Collio.

## Nutrition Facts



## Properties

Glycemic Index:40.25, Glycemic Load:69.49, Inflammation Score:-10, Nutrition Score:35.232173987057%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 922.39kcal (46.12%), Fat: 40.32g (62.03%), Saturated Fat: 18.38g (114.86%), Carbohydrates: 108.83g (36.28%), Net Carbohydrates: 102.94g (37.43%), Sugar: 7.32g (8.14%), Cholesterol: 77.99mg (26%), Sodium: 1355.7mg (58.94%), Alcohol: 3.09g (100%), Alcohol %: 0.52% (100%), Protein: 25.46g (50.91%), Manganese: 1.91mg (95.64%), Folate: 342.3µg (85.57%), Vitamin K: 86.59µg (82.47%), Vitamin A: 3640.61IU (72.81%), Vitamin B3: 11.17mg (55.86%), Iron: 8.84mg (49.13%), Vitamin B1: 0.68mg (45.55%), Vitamin B6: 0.79mg (39.65%), Selenium: 23.27µg (33.24%), Phosphorus: 303.88mg (30.39%), Copper: 0.6mg (30.05%), Vitamin C: 20.41mg (24.74%), Fiber: 5.89g (23.57%), Magnesium: 84.96mg (21.24%), Potassium: 726.81mg (20.77%), Vitamin E: 3.11mg (20.7%), Calcium: 203.08mg (20.31%), Vitamin B5: 1.79mg (17.85%), Vitamin B2: 0.25mg (14.59%), Zinc: 2.18mg (14.55%), Vitamin B12: 0.66µg (11.06%)