



Risotto with Spring Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 8 ounces asparagus cut into 2-inch pieces thin
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots chopped
- ☐ 4 cups chicken stock see homemade
- ☐ 2 cups avarakkai / broad beans shelled ()
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup peas fresh green

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shallots chopped
- ☐ 0.5 cup white wine

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cook beans in boiling water 2 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Remove tough outer skins from beans; discard skins. Cook peas in boiling water 2 minutes.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Bring Homemade Chicken Stock to a simmer in a small saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add shallots and carrot to pan; cook 4 minutes or until tender, stirring occasionally.
- ☐ Add rice and saffron; cook 1 minute, stirring constantly. Stir in wine; cook 30 seconds or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add 1 cup stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next (about 25 minutes total). Stir in fava beans, peas, and asparagus with last addition of stock.
- ☐ Remove from heat; stir in cheese, parsley, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:78.19, Glycemic Load:32.28, Inflammation Score:-9, Nutrition Score:24.879130658896%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

Nutrients (% of daily need)

Calories: 444.06kcal (22.2%), Fat: 12.08g (18.59%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 60.19g (20.06%), Net Carbohydrates: 52.88g (19.23%), Sugar: 8.93g (9.92%), Cholesterol: 17.65mg (5.88%), Sodium: 647.66mg (28.16%), Alcohol: 2.06g (100%), Alcohol %: 0.65% (100%), Protein: 20.33g (40.65%), Vitamin K: 66.75µg (63.58%), Folate: 206.3µg (51.58%), Vitamin A: 2533.72IU (50.67%), Manganese: 0.93mg (46.49%), Phosphorus: 347.94mg (34.79%), Vitamin B1: 0.46mg (30.75%), Fiber: 7.31g (29.24%), Calcium: 286.09mg (28.61%), Vitamin B3: 5.47mg (27.33%), Iron: 4.74mg (26.36%), Selenium: 16.8µg (24%), Copper: 0.46mg (23%), Vitamin B6: 0.44mg (22.06%), Vitamin B2: 0.36mg (21%), Potassium: 668.15mg (19.09%), Vitamin C: 14.55mg (17.64%), Magnesium: 70.39mg (17.6%), Zinc: 2.34mg (15.59%), Vitamin B5: 0.96mg (9.62%), Vitamin E: 1.32mg (8.81%), Vitamin B12: 0.23µg (3.78%)