



Risotto with Spring Vegetables and Smoked Ham

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice medium-grain
- ☐ 2 cups asparagus (1-inch) ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 4 cups less-sodium chicken broth fat-free

- ☐ 0.8 cup avarakkai / broad beans shelled ()
- ☐ 1 cup peas green shelled (1 pound unshelled)
- ☐ 1 cup onion finely chopped (1 small)
- ☐ 3 ounces parmigiano-reggiano cheese divided grated
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces ham smoked finely chopped
- ☐ 2 cups water
- ☐ 0.3 cup whipping cream

Equipment

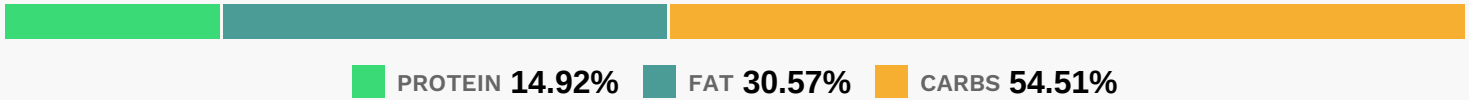
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook beans in boiling water 1 minute; drain. Plunge beans into ice water; drain.
- ☐ Remove tough outer skins from beans; discard skins. Set aside.
- ☐ Bring 2 cups water to a boil in a medium saucepan.
- ☐ Add asparagus to pan; cook 4 minutes or until crisp-tender.
- ☐ Remove asparagus from pan with a slotted spoon; rinse under cold water. Set aside.
- ☐ Add broth to boiling water; reduce heat. Keep warm over low heat. Reserve 3/4 cup broth mixture; keep warm.
- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion and ham to pan; cook 10 minutes or until onion is tender, stirring occasionally.
- ☐ Add rice; cook 2 minutes, stirring frequently. Increase heat to medium-high. Stir in wine, and cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add the remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes total).

- ☐
- Stir in peas, reserved beans, and reserved asparagus.
- ☐
- Add reserved 3/4 cup broth mixture, stirring until liquid is absorbed (about 4 minutes).
- ☐
- Remove from heat; stir in 1/2 cup cheese, cream, butter, salt, and pepper.
- ☐
- Place about 1 cup risotto into each of 6 shallow bowls; sprinkle each serving with 2 teaspoons remaining cheese.

Nutrition Facts



Properties

Glycemic Index:61.22, Glycemic Load:40.81, Inflammation Score:-8, Nutrition Score:20.392608777336%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 474.66kcal (23.73%), Fat: 15.14g (23.29%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 55.16g (20.06%), Sugar: 4.76g (5.29%), Cholesterol: 32.67mg (10.89%), Sodium: 1240.46mg (53.93%), Alcohol: 4.12g (100%), Alcohol %: 1.06% (100%), Protein: 16.62g (33.24%), Folate: 206.12µg (51.53%), Manganese: 0.98mg (49.22%), Vitamin B1: 0.52mg (34.37%), Phosphorus: 301.5mg (30.15%), Vitamin K: 29.13µg (27.74%), Iron: 4.85mg (26.97%), Selenium: 17.96µg (25.66%), Vitamin B3: 4.49mg (22.45%), Fiber: 5.59g (22.37%), Calcium: 221.23mg (22.12%), Copper: 0.4mg (20.02%), Vitamin C: 14.26mg (17.29%), Vitamin A: 841.52IU (16.83%), Vitamin B2: 0.25mg (14.93%), Zinc: 2.21mg (14.74%), Vitamin B6: 0.29mg (14.39%), Magnesium: 57.46mg (14.36%), Vitamin B5: 1.27mg (12.68%), Potassium: 426.03mg (12.17%), Vitamin E: 1.4mg (9.3%), Vitamin B12: 0.49µg (8.21%), Vitamin D: 0.23µg (1.53%)