



Risotto with Sugar Snap Peas and Spring Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup vermouth dry
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1.5 cups leek sliced (1/)

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar snap peas trimmed

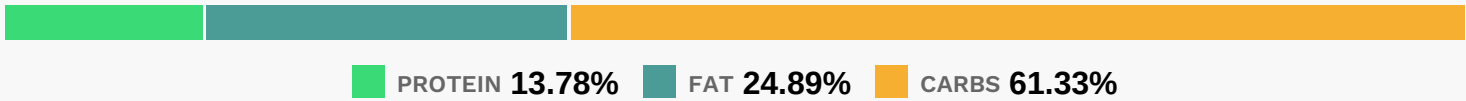
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Cook peas in boiling water for 3 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add leek and carrot; saut 5 minutes or until tender, stirring frequently.
- ☐ Add rice; cook 3 minutes, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until the liquid is nearly absorbed, stirring frequently. Stir in 1/2 cup broth, vermouth, salt, and oregano.
- ☐ Add remaining broth, 1/2 cup at a time, stirring frequently until each portion of broth is absorbed before adding the next (about 25 minutes).
- ☐ Add peas; cook 4 minutes. Stir in cheese and remaining ingredients.
- ☐ Wine note: Why not mirror all the wonderful greenness of the sugar snap peas and leeks with a wine that's got its own green drama going on? A great bet, and a steal: Brancott Vineyards Sauvignon Blanc from Marlborough, New Zealand(about \$10).

Nutrition Facts



Properties

Glycemic Index:68.71, Glycemic Load:33.27, Inflammation Score:-10, Nutrition Score:20.097391241271%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 338.53kcal (16.93%), Fat: 9.04g (13.91%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 46.65g (16.96%), Sugar: 4.01g (4.45%), Cholesterol: 12.33mg (4.11%), Sodium: 1328.69mg (57.77%), Alcohol: 1.42g (100%), Alcohol %: 0.45% (100%), Protein: 11.26g (22.53%), Vitamin A: 3773.24IU (75.46%), Manganese: 0.83mg (41.7%), Folate: 159.07µg (39.77%), Vitamin C: 27.24mg (33.02%), Vitamin K: 30.3µg (28.86%), Vitamin B1: 0.39mg (26.01%), Selenium: 16.36µg (23.38%), Iron: 4.14mg (22.98%), Calcium: 221.92mg (22.19%), Phosphorus: 208.24mg (20.82%), Vitamin B3: 3.88mg (19.4%), Vitamin B6: 0.29mg (14.53%), Fiber: 3.48g (13.9%), Vitamin B5: 1.35mg (13.5%), Copper: 0.23mg (11.54%), Vitamin B12: 0.63µg (10.44%), Magnesium: 40.6mg (10.15%), Vitamin B2: 0.17mg (9.92%), Potassium: 307.33mg (8.78%), Zinc: 1.17mg (7.79%), Vitamin E: 1.14mg (7.63%)