



Risotto With Yogurt and Peas

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice
- 0.3 cup cooking wine dry white
- 3 tablespoons chives fresh minced
- 1.5 teaspoons marjoram fresh minced
- 3 tablespoons parsley fresh minced
- 2 cups chicken broth low-fat, low-sodium
- 0.3 cup nonfat greek yogurt plain
- 1 tablespoon olive oil extra-virgin

- 2 inch parmesan rind
- 0.5 cup parmesan cheese grated plus more for topping
- 1 cup peas frozen thawed
- 0.5 cup shallots finely chopped

Equipment

- bowl
- sauce pan
- wooden spoon

Directions

- Bring the chicken broth, 3 1/2 cups water and the cheese rind to a simmer in a saucepan over medium heat. Cover, reduce the heat to low and simmer 20 minutes; discard the rind. Keep warm.
- Heat the olive oil in a large saucepan over medium heat.
- Add the shallots and cook, stirring with a wooden spoon, until soft, about 3 minutes.
- Add the rice and cook, stirring, 2 more minutes.
- Add the wine and cook, stirring, until evaporated, about 2 minutes.
- Add 1/2 cup warm broth and stir constantly until absorbed. Repeat, adding the broth in 1/2-cup increments and stirring constantly, until the liquid is absorbed and the rice is just tender and creamy, 20 to 25 minutes.
- Add the peas and stir until heated through, about 1 minute.
- Remove from the heat.
- Combine the parsley, chives and marjoram in a bowl.
- Add all but 1 tablespoon of the herbs to the risotto along with the grated parmesan and yogurt; stir vigorously until creamy, about 1 minute. Divide the risotto among bowls. Top with the reserved herbs and more parmesan.
- Photograph by Con Poulos

Nutrition Facts



■ PROTEIN 15.78% ■ FAT 22% ■ CARBS 62.22%

Properties

Glycemic Index:70.08, Glycemic Load:34.03, Inflammation Score:-8, Nutrition Score:18.706086850685%

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: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 361.12kcal (18.06%), Fat: 8.48g (13.05%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 49.43g (17.97%), Sugar: 5.21g (5.79%), Cholesterol: 12.4mg (4.13%), Sodium: 268.2mg (11.66%), Alcohol: 2.06g (100%), Alcohol %: 0.9% (100%), Protein: 13.7g (27.39%), Vitamin K: 66.26µg (63.1%), Manganese: 0.8mg (40.1%), Folate: 158.01µg (39.5%), Vitamin B1: 0.41mg (27.25%), Vitamin C: 22.21mg (26.92%), Phosphorus: 244.72mg (24.47%), Vitamin B3: 4.66mg (23.28%), Selenium: 14.4µg (20.58%), Iron: 3.64mg (20.21%), Fiber: 4.57g (18.28%), Calcium: 158.93mg (15.89%), Vitamin B6: 0.3mg (14.93%), Vitamin A: 740.94IU (14.82%), Copper: 0.27mg (13.59%), Zinc: 1.97mg (13.1%), Vitamin B2: 0.2mg (11.87%), Potassium: 408.48mg (11.67%), Magnesium: 41.28mg (10.32%), Vitamin B5: 0.88mg (8.84%), Vitamin B12: 0.4µg (6.69%), Vitamin E: 0.66mg (4.4%)