



Roast chicken & pea risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



1276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 1 garlic clove crushed
- ☐ 350 g arborio rice
- ☐ 1 small glass wine
- ☐ 1l veggie broth hot
- ☐ 2 roasted chicken chopped
- ☐ 1 tbsp thyme leaves

- ☐ 200 g peas frozen
- ☐ 1 tbsp crème fraîche
- ☐ 2 tbsp parmesan grated

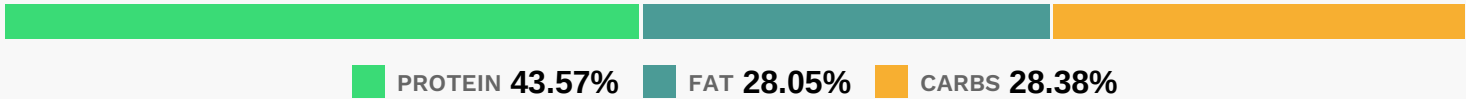
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large pan and cook the onion and garlic for 5 mins. Stir in the rice and cook for 1 min more, until it starts to look transparent.
- ☐ Pour in the wine and keep stirring until all the liquid is absorbed.
- ☐ Add the stock and simmer until the rice is just tender. Stir through the chicken, thyme and peas, then cook for 2 mins or until the chicken is warmed through.
- ☐ Add the crme frache and parmesan with some seasoning, then remove from the heat. Cover with a lid and leave to stand for 2 mins before serving with extra parmesan, if you like.

Nutrition Facts



Properties

Glycemic Index:78.83, Glycemic Load:59.11, Inflammation Score:-10, Nutrition Score:46.47173925392%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 1275.83kcal (63.79%), Fat: 37.17g (57.18%), Saturated Fat: 10.1g (63.11%), Carbohydrates: 84.63g (28.21%), Net Carbohydrates: 78.6g (28.58%), Sugar: 6.81g (7.56%), Cholesterol: 363.47mg (121.16%), Sodium: 1401.98mg (60.96%), Alcohol: 6.08g (100%), Alcohol %: 0.8% (100%), Protein: 129.9g (259.8%), Vitamin B3: 42.62mg (213.08%), Selenium: 133.17µg (190.24%), Vitamin B6: 2.28mg (114.18%), Phosphorus: 1099.95mg (110%), Manganese: 1.34mg (67.1%), Folate: 265.61µg (66.4%), Vitamin B1: 0.94mg (62.97%), Zinc: 9.12mg (60.77%), Iron: 10.8mg (60.02%), Vitamin B5: 5.94mg (59.37%), Vitamin B2: 0.85mg (50.13%), Potassium: 1389.45mg (39.7%), Magnesium: 150.46mg (37.62%), Vitamin C: 25.1mg (30.42%), Copper: 0.57mg (28.59%), Vitamin A: 1230.2IU (24.6%), Fiber: 6.03g (24.11%), Vitamin B12: 1.43µg (23.8%), Vitamin K: 19.1µg (18.19%), Calcium: 125.43mg (12.54%), Vitamin E: 0.37mg (2.44%)