



Roasted Corn-and-Asparagus Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice uncooked
- 10 asparagus spears
- 2 teaspoons thyme leaves dried
- 1 cup cooking wine dry white
- 1 ear shucked corn
- 1 tablespoon chives fresh minced
- 1 tablespoon parsley fresh minced
- 1 clove garlic minced

- 2 tablespoons olive oil
- 1 cup onion minced
- 2 teaspoons oregano dried
- 1 ounce parmesan cheese fresh grated
- 1 medium bell pepper red
- 2 tablespoons shallots minced
- 29 ounce vegetable broth canned
- 1 cup water

Equipment

- baking sheet
- sauce pan
- aluminum foil
- ziploc bags

Directions

- Cut bell pepper in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand.
- Add ear of corn to baking sheet. Broil 5 minutes.
- Add asparagus to baking sheet; broil an additional 10 minutes or until pepper is blackened, turning corn and asparagus after 5 minutes.
- Place pepper in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel and chop pepper.
- Cut kernels from ear of corn.
- Cut asparagus into 1/4-inch pieces. Set aside roasted vegetables.
- Bring water and broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat oil in a large saucepan over medium-high heat.
- Add onion, shallots, and garlic; saut 3 minutes.

Add rice; cook 2 minutes, stirring constantly. Stir in wine; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.

Add warm broth, 1 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next cup (about 20 minutes). Stir in the roasted vegetables, cheese, and remaining ingredients. Cook an additional 2 minutes, stirring constantly.

Nutrition Facts

 **PROTEIN 8.99%**  **FAT 17.04%**  **CARBS 73.97%**

Properties

Glycemic Index:50.25, Glycemic Load:32.91, Inflammation Score:-9, Nutrition Score:13.446086968741%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 283.78kcal (14.19%), Fat: 4.97g (7.64%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 48.53g (16.18%), Net Carbohydrates: 45.41g (16.51%), Sugar: 3.98g (4.42%), Cholesterol: 2.41mg (0.8%), Sodium: 475.79mg (20.69%), Alcohol: 3.09g (100%), Alcohol %: 1.35% (100%), Protein: 5.89g (11.79%), Folate: 145.7µg (36.43%), Manganese: 0.71mg (35.35%), Vitamin C: 23.74mg (28.78%), Vitamin K: 27.87µg (26.54%), Vitamin B1: 0.35mg (23.59%), Vitamin A: 961.53IU (19.23%), Iron: 3.4mg (18.91%), Vitamin B3: 2.71mg (13.57%), Selenium: 9.14µg (13.06%), Fiber: 3.12g (12.46%), Phosphorus: 111.4mg (11.14%), Vitamin B6: 0.22mg (11.03%), Vitamin B5: 0.9mg (8.98%), Copper: 0.18mg (8.81%), Magnesium: 30.03mg (7.51%), Vitamin E: 1.1mg (7.34%), Calcium: 73.09mg (7.31%), Zinc: 0.97mg (6.45%), Potassium: 216.03mg (6.17%), Vitamin B2: 0.1mg (5.77%)