



HEALTH SCORE

61%

Roasted Spring Vegetable Risotto



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups arborio rice uncooked
- ☐ 1 pound asparagus cut into 2-inch lengths
- ☐ 2 cups baby carrots whole cut in lengthwise quarters
- ☐ 1 cup mushrooms fresh halved
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 6 green onions cut into 1-inch pieces
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 3.5 cups vegetable broth swanson®
- ☐ 3 medium pasilla peppers green red yellow assorted cut into 1-inch strips , ,
- ☐ 2 medium zucchini yellow cut into diagonal slices

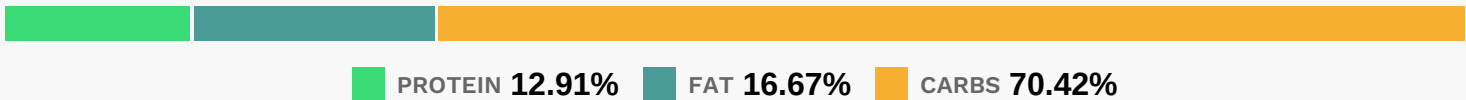
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425 degrees F. Spray 17x11-inch roasting pan with cooking spray.
- ☐ Mix asparagus, carrots, onions, peppers, squash, mushrooms, rosemary and 1/4 cup broth in prepared pan.
- ☐ Roast 20 minutes or until done, stirring once. Prepare risotto while the vegetables are roasting.
- ☐ Heat oil in saucepot.
- ☐ Add rice. Cook and stir for 2 minutes
- ☐ Add 1/2 cup broth and cook until broth is absorbed.
- ☐ Add remaining broth, 1/2 cup at a time, stirring until all broth is absorbed before adding more. (Total cooking time: 25 minutes)
- ☐ Add vegetables and cheese.
- ☐ Heat through.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:22.49, Inflammation Score:-10, Nutrition Score:21.532608835594%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

Nutrients (% of daily need)

Calories: 211.11kcal (10.56%), Fat: 4.01g (6.16%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 33.37g (12.14%), Sugar: 6.06g (6.74%), Cholesterol: 5.44mg (1.81%), Sodium: 551.45mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin A: 5468.07IU (109.36%), Vitamin C: 50.17mg (60.81%), Vitamin K: 51.16µg (48.72%), Folate: 142µg (35.5%), Manganese: 0.65mg (32.47%), Vitamin B1: 0.34mg (22.96%), Iron: 3.46mg (19.25%), Fiber: 4.71g (18.83%), Vitamin B6: 0.37mg (18.6%), Vitamin B2: 0.27mg (15.68%), Copper: 0.31mg (15.59%), Vitamin B3: 3.04mg (15.21%), Phosphorus: 150.95mg (15.09%), Selenium: 10.08µg (14.4%), Potassium: 496.86mg (14.2%), Vitamin B5: 1.04mg (10.4%), Calcium: 98.85mg (9.88%), Magnesium: 36.69mg (9.17%), Zinc: 1.3mg (8.64%), Vitamin E: 1.2mg (7.99%), Vitamin B12: 0.09µg (1.49%)