



Spring Green Risotto

 Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice
- 1 pound asparagus thin
- 4 cups simmering chicken stock homemade
- 0.7 cup cooking wine dry white
- 1 cup fennel bulb chopped
- 3 tablespoons chives fresh minced for serving
- 4 servings kosher salt and pepper black freshly ground
- 3 cups leeks light white green chopped (2 leeks)

- 2 tablespoons juice of lemon freshly squeezed
- 1 tablespoon lemon zest freshly grated (2 lemons)
- 0.3 cup mascarpone cheese italian
- 1.5 tablespoons olive oil good
- 0.5 cup parmesan freshly grated for serving
- 10 ounces peas frozen
- 1.5 tablespoons butter unsalted

Equipment

- bowl
- sauce pan
- ladle
- whisk

Directions

- Watch how to make this recipe.
- Heat the olive oil and butter in a medium saucepan over medium heat.
- Add the leeks and fennel and saute for 5 to 7 minutes, until tender.
- Add the rice and stir for a minute to coat with the vegetables, oil, and butter.
- Add the white wine and simmer over low heat, stirring constantly, until most of the wine has been absorbed.
- Add the chicken stock, 2 ladles at a time, stirring almost constantly and waiting for the stock to be absorbed before adding more. This process should take 25 to 30 minutes.
- Meanwhile, cut the asparagus diagonally in 1 1/2-inch lengths and discard the tough ends. Blanch in boiling salted water for 4 to 5 minutes, until al dente.
- Drain and cool immediately in ice water. (If using fresh peas, blanch them in boiling water for a few minutes until the starchiness is gone.)
- When the risotto has been cooking for 15 minutes, drain the asparagus and add it to the risotto with the peas, lemon zest, 2 teaspoons salt, and 1 teaspoon pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm.

Whisk the lemon juice and mascarpone together in a small bowl. When the risotto is done, turn off the heat and stir in the mascarpone mixture plus the Parmesan cheese and chives. Set aside, off the heat, for a few minutes, sprinkle with salt and pepper, and serve hot with a sprinkling of chives and more Parmesan cheese.

Nutrition Facts

PROTEIN 13.82% **FAT 31.91%** **CARBS 54.27%**

Properties

Glycemic Index:88.58, Glycemic Load:53.69, Inflammation Score:-10, Nutrition Score:40.153478661309%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg, Isorhamnetin: 6.62mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg, Quercetin: 16.11mg

Nutrients (% of daily need)

Calories: 735.96kcal (36.8%), Fat: 25.15g (38.69%), Saturated Fat: 11.75g (73.43%), Carbohydrates: 96.25g (32.08%), Net Carbohydrates: 85.59g (31.12%), Sugar: 14.18g (15.76%), Cholesterol: 45.74mg (15.25%), Sodium: 587.92mg (25.56%), Alcohol: 4.12g (100%), Alcohol %: 0.77% (100%), Protein: 24.52g (49.03%), Vitamin K: 119.12µg (113.45%), Folate: 344.38µg (86.1%), Manganese: 1.68mg (84.08%), Vitamin C: 51.94mg (62.96%), Vitamin A: 3139.55IU (62.79%), Vitamin B1: 0.91mg (60.82%), Iron: 9.01mg (50.06%), Vitamin B3: 9.98mg (49.91%), Fiber: 10.66g (42.64%), Phosphorus: 403.25mg (40.33%), Copper: 0.73mg (36.72%), Vitamin B6: 0.7mg (35.22%), Selenium: 24.26µg (34.65%), Vitamin B2: 0.57mg (33.81%), Calcium: 288.56mg (28.86%), Potassium: 980.52mg (28.01%), Magnesium: 99.9mg (24.97%), Zinc: 3.19mg (21.29%), Vitamin E: 3.11mg (20.75%), Vitamin B5: 1.6mg (15.97%), Vitamin B12: 0.16µg (2.65%)