



## Spring Green Risotto With Artichokes

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1.5 cups arborio rice
- 1 pound asparagus thin
- 4 cups simmering chicken stock homemade (or vegetable)
- 0.7 cup cooking wine dry white
- 1 cup fennel bulb chopped
- 3 tablespoons chives fresh minced for serving
- 8 ounces artichoke hearts frozen
- 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 cheese freshly grated for serving
- 10 ounces peas frozen
- 1.5 tablespoons butter unsalted

## Equipment

- sauce pan
- ladle

## 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-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, artichokes, lemon zest, 1 tablespoon salt, and 1 1/2 teaspoons pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm.

When the risotto is done, turn off the heat and stir in the mascarpone, Parmesan cheese, lemon juice and chives.

Serve hot with a sprinkling of chives and more Parmesan cheese.

## Nutrition Facts

**PROTEIN 13.66%** **FAT 31.25%** **CARBS 55.09%**

### Properties

Glycemic Index:81.83, Glycemic Load:53.58, Inflammation Score:-10, Nutrition Score:42.941739059013%

### 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: 761.13kcal (38.06%), Fat: 25.67g (39.48%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 101.79g (33.93%), Net Carbohydrates: 88.92g (32.34%), Sugar: 14.09g (15.66%), Cholesterol: 48.11mg (16.04%), Sodium: 633.07mg (27.52%), Alcohol: 4.12g (100%), Alcohol %: 0.71% (100%), Protein: 25.24g (50.48%), Vitamin K: 119.12µg (113.45%), Folate: 415.7µg (103.93%), Manganese: 1.83mg (91.38%), Vitamin C: 54.95mg (66.61%), Vitamin A: 3237.37IU (64.75%), Vitamin B1: 0.94mg (62.92%), Vitamin B3: 10.44mg (52.22%), Fiber: 12.87g (51.48%), Iron: 9.25mg (51.37%), Phosphorus: 428.64mg (42.86%), Vitamin B2: 0.66mg (38.58%), Copper: 0.77mg (38.31%), Vitamin B6: 0.75mg (37.48%), Selenium: 25.93µg (37.05%), Potassium: 1132.63mg (32.36%), Magnesium: 114.08mg (28.52%), Calcium: 261.83mg (26.18%), Zinc: 3.57mg (23.82%), Vitamin E: 3.15mg (20.99%), Vitamin B5: 1.69mg (16.88%), Vitamin B12: 0.18µg (2.96%)