



## Spring Risotto

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**20**

CALORIES



**79 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 lb asparagus trimmed chopped
- 3 Tbsp butter
- 2 cloves garlic minced
- 2 cups rice white instant uncooked
- 0.5 cup milk
- 2 Tbsp olive oil
- 1 medium onion thinly sliced
- 0.3 cup parmesan cheese divided grated kraft

- 0.1 tsp salt and pepper
- 14 oz vegetable broth warmed canned

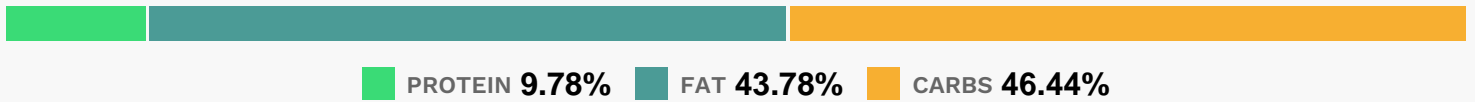
## Equipment

- frying pan

## Directions

- Melt butter with olive oil in a deep skillet on medium heat.
- Add onion and garlic; cook 2 to 3 minutes. Do not brown.
- Toss in rice and stir to coat the rice.
- Add warm broth, milk and asparagus.
- Bring to a boil over medium heat; simmer for 5 minutes over low heat.
- Mix in 1/4 cup of the Parmesan cheese, salt and pepper.
- Sprinkle with remaining Parmesan cheese just before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.1, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:3.8865217333255%

## Flavonoids

Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg, Isorhamnetin: 1.57mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 79.18kcal (3.96%), Fat: 3.9g (6.01%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.58g (3.12%), Sugar: 1.13g (1.26%), Cholesterol: 6.76mg (2.25%), Sodium: 140.71mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin K: 10.51µg (10.01%), Folate: 36.66µg (9.17%), Vitamin B1: 0.12mg (7.94%), Manganese: 0.13mg (6.72%), Selenium: 4.51µg (6.45%), Iron: 1.06mg (5.89%), Vitamin A: 291.39IU (5.83%), Vitamin B3: 0.84mg (4.21%), Phosphorus: 41.23mg (4.12%), Vitamin E: 0.52mg (3.49%), Calcium: 31.91mg (3.19%), Copper: 0.06mg (3.09%), Vitamin B2: 0.05mg (3.01%), Fiber: 0.74g (2.96%), Zinc: 0.36mg (2.38%), Vitamin B6: 0.05mg (2.33%), Vitamin C: 1.77mg (2.15%), Potassium: 70.11mg (2%), Magnesium: 6.36mg (1.59%),

Vitamin B5: 0.14mg (1.38%)