



Spring Risotto

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup arborio rice uncooked
- 1 pound asparagus trimmed cut into 3/4-inch pieces
- 0.5 teaspoon pepper black freshly ground
- 1 cup edamame frozen shelled
- 2 tablespoons thyme leaves fresh chopped
- 2 garlic cloves minced
- 0.8 teaspoon kosher salt
- 1.8 cups lower-sodium chicken broth fat-free

- 2 tablespoons olive oil
- 1.5 cups onion chopped
- 1 ounce parmesan cheese shaved

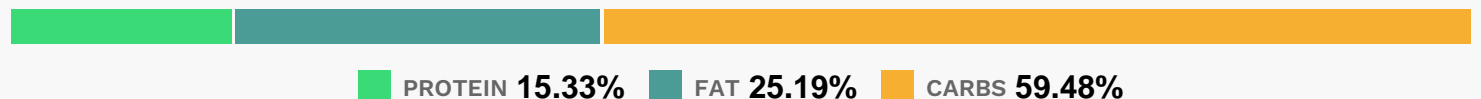
Equipment

- bowl
- sauce pan

Directions

- Bring 4 cups water to a boil in a saucepan.
- Add asparagus, and cook for 2 minutes.
- Drain. Bring 2 cups water and chicken broth to a simmer in a saucepan.
- Heat a large saucepan over medium heat.
- Add olive oil, and swirl to coat.
- Add onion; cook 4 minutes.
- Add garlic, and cook for 2 minutes, stirring constantly. Stir in rice, edamame, and salt; cook for 1 minute. Stir in 1 cup broth mixture; cook for 4 minutes or until liquid is nearly absorbed, stirring constantly.
- Add remaining broth mixture, 1/2 cup at a time, stirring constantly until liquid is absorbed before adding more (about 20 minutes total).
- Stir in asparagus, cream cheese, and pepper; cook 1 minute. Spoon 1 cup risotto into each of 4 bowls. Top each serving with 1 tablespoon Parmesan cheese; sprinkle evenly with thyme.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:33.58, Inflammation Score:-10, Nutrition Score:20.315217437304%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 9.47mg, Isorhamnetin: 9.47mg, Isorhamnetin: 9.47mg, Isorhamnetin: 9.47mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 28.06mg, Quercetin: 28.06mg, Quercetin: 28.06mg, Quercetin: 28.06mg

Nutrients (% of daily need)

Calories: 373.3kcal (18.67%), Fat: 10.6g (16.3%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 56.32g (18.77%), Net Carbohydrates: 49.43g (17.98%), Sugar: 5.75g (6.39%), Cholesterol: 4.82mg (1.61%), Sodium: 747.99mg (32.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Vitamin K: 52.18µg (49.7%), Folate: 188.03µg (47.01%), Manganese: 0.89mg (44.74%), Iron: 6.43mg (35.71%), Vitamin B1: 0.48mg (32%), Fiber: 6.88g (27.54%), Potassium: 769mg (21.97%), Vitamin A: 1081.63IU (21.63%), Vitamin C: 16.86mg (20.44%), Copper: 0.37mg (18.63%), Phosphorus: 179.45mg (17.95%), Selenium: 12.28µg (17.54%), Calcium: 175.27mg (17.53%), Vitamin B3: 3.33mg (16.66%), Vitamin E: 2.32mg (15.47%), Vitamin B6: 0.3mg (14.93%), Vitamin B2: 0.24mg (14.25%), Vitamin B5: 1.09mg (10.87%), Magnesium: 42.91mg (10.73%), Zinc: 1.54mg (10.29%), Vitamin B12: 0.09µg (1.42%)