



Spring Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cooking wine dry white
- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 2 pounds unshelled fava beans
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions sliced
- ☐ 2 cups leek thinly sliced (3 large)

- ☐ 1 cup morels dried
- ☐ 1 tablespoon olive oil
- ☐ 3 ounces romano cheese fresh finely grated
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sun-dried tomato paste
- ☐ 6 cups water boiling divided

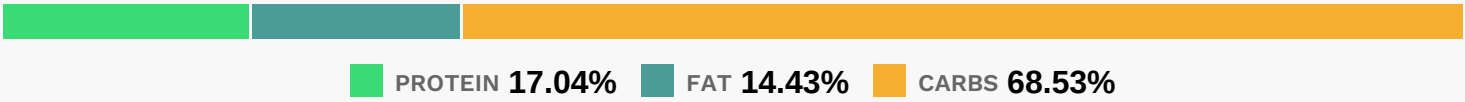
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine 3 cups of boiling water and morels in a bowl; cover and let stand for 30 minutes.
- ☐ Drain mushrooms; rinse with cold water.
- ☐ Drain and chop.
- ☐ Remove beans from pods; discard pods.
- ☐ Place beans in a medium saucepan with remaining 3 cups boiling water; cook beans 1 minute. Rinse with cold water.
- ☐ Drain; remove outer skins from beans. Discard skins.
- ☐ Bring broth to a simmer in a medium saucepan (do not boil). Keep broth warm over low heat.
- ☐ Heat olive oil in a large saucepan over medium-high heat.
- ☐ Add leek and garlic; saut 2 minutes or until leek is tender.
- ☐ Add rice and tomato paste; cook 2 minutes, stirring constantly. Stir in wine, salt, and pepper; cook 1 1/2 minutes or until liquid is absorbed. Stir in 1 cup broth; cook about 2 1/2 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in morels and beans; cook for 30 seconds or until thoroughly heated. Stir in green onions.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:41.99, Inflammation Score:-8, Nutrition Score:20.982173950776%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 418.74kcal (20.94%), Fat: 6.31g (9.71%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 59.13g (21.5%), Sugar: 3.66g (4.07%), Cholesterol: 11.06mg (3.69%), Sodium: 1020.12mg (44.35%), Alcohol: 3.09g (100%), Alcohol %: 0.69% (100%), Protein: 16.76g (33.53%), Folate: 253.59µg (63.4%), Manganese: 1.24mg (61.99%), Fiber: 8.31g (33.24%), Iron: 5.97mg (33.17%), Phosphorus: 317.73mg (31.77%), Vitamin B1: 0.43mg (28.72%), Copper: 0.54mg (27.21%), Vitamin K: 24µg (22.85%), Selenium: 15.73µg (22.48%), Vitamin B3: 4mg (19.99%), Magnesium: 79.85mg (19.96%), Calcium: 190.87mg (19.09%), Zinc: 2.27mg (15.15%), Potassium: 505.1mg (14.43%), Vitamin B6: 0.29mg (14.32%), Vitamin B2: 0.23mg (13.32%), Vitamin A: 598.08IU (11.96%), Vitamin B5: 1.13mg (11.27%), Vitamin B12: 0.4µg (6.71%), Vitamin C: 4.03mg (4.88%), Vitamin E: 0.53mg (3.52%), Vitamin D: 0.47µg (3.16%)