



Spring Vegetable Risotto

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 1 cup asparagus trimmed chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups onion chopped

- ☐ 0.3 cup parmesan fresh divided grated
- ☐ 0.8 cup peas green frozen thawed
- ☐ 4 cups vegetable stock fat-free
- ☐ 0.5 cup wine

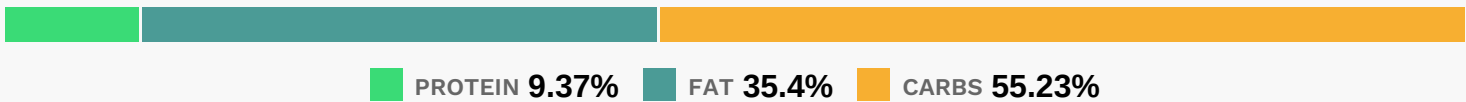
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth to a simmer in a 3-quart saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a deep 10-inch skillet over medium heat. Melt 1 tablespoon butter with olive oil in pan; cook until butter melts.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add rice; cook 1 minute, stirring constantly. Stir in wine; cook 30 seconds or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 14 minutes). Before adding last 1/2 cup of broth, add asparagus and peas.
- ☐ Remove from heat; stir in remaining 1 tablespoon butter, cheese, and remaining ingredients. Cover and let stand 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:99.83, Glycemic Load:35.16, Inflammation Score:-9, Nutrition Score:15.783913048713%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.85mg, Quercetin: 14.85mg, Quercetin: 14.85mg, Quercetin: 14.85mg

Nutrients (% of daily need)

Calories: 409.63kcal (20.48%), Fat: 15.3g (23.54%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 49.12g (17.86%), Sugar: 6.65g (7.39%), Cholesterol: 20.72mg (6.91%), Sodium: 1197.42mg (52.06%), Alcohol: 3.09g (100%), Alcohol %: 0.87% (100%), Protein: 9.11g (18.22%), Manganese: 0.81mg (40.44%), Folate: 161.43µg (40.36%), Vitamin B1: 0.43mg (28.75%), Vitamin K: 26.05µg (24.81%), Vitamin A: 1227.25IU (24.54%), Vitamin C: 17.25mg (20.91%), Iron: 3.63mg (20.15%), Fiber: 4.6g (18.42%), Phosphorus: 174.42mg (17.44%), Selenium: 11.04µg (15.77%), Vitamin B3: 3.08mg (15.39%), Calcium: 133.58mg (13.36%), Vitamin B6: 0.25mg (12.34%), Copper: 0.24mg (12.2%), Vitamin E: 1.61mg (10.76%), Zinc: 1.44mg (9.57%), Magnesium: 37.98mg (9.5%), Vitamin B2: 0.16mg (9.28%), Vitamin B5: 0.89mg (8.88%), Potassium: 280.45mg (8.01%), Vitamin B12: 0.11µg (1.87%)