



## Sweet Pea Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



653 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups arborio rice
- 0.3 teaspoon pepper black freshly ground
- 4 cups chicken broth
- 1 cup cooking wine dry white (such as Sauvignon Blanc)
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 cup parmesan freshly grated
- 2.5 cups peas frozen thawed

- 1 tablespoon butter unsalted
- 0.5 onion yellow chopped

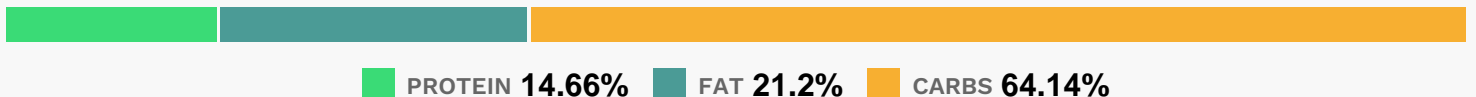
## Equipment

- food processor
- frying pan
- sauce pan
- blender

## Directions

- Heat the butter and oil together in a large skillet or saucepan over medium heat.
- Add the onion and saut until translucent, 3 to 4 minutes.
- Add the rice and stir to coat in the oil and butter.
- Pour in the wine, then stir until all the liquid is absorbed. Reduce heat to low.
- Add 1 cup of the broth and cook until absorbed, stirring occasionally.
- Add the remaining broth, 1/2 cup at a time, waiting until each portion of broth is absorbed before adding the next. Continue this process until the rice is cooked al dente, about 40 minutes. Stir in the Parmesan, salt, and pepper. Puree 2 cups of the peas in a blender or food processor. Just before serving, stir in the pea puree until fully incorporated, thenfold in the remaining whole peas.
- Garnish with mint sprigs, if desired.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:53.08, Glycemic Load:66.62, Inflammation Score:-9, Nutrition Score:27.927390995233%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## **Nutrients (% of daily need)**

Calories: 653.15kcal (32.66%), Fat: 14.19g (21.83%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 96.61g (32.2%), Net Carbohydrates: 88.38g (32.14%), Sugar: 6.93g (7.71%), Cholesterol: 29.23mg (9.74%), Sodium: 1860.28mg (80.88%), Alcohol: 6.2g (100%), Alcohol %: 1.48% (100%), Protein: 22.09g (44.18%), Manganese: 1.56mg (77.85%), Folate: 294.39µg (73.6%), Vitamin B1: 0.87mg (58.12%), Vitamin C: 37.27mg (45.17%), Phosphorus: 380.8mg (38.08%), Calcium: 336.01mg (33.6%), Selenium: 23.41µg (33.44%), Iron: 6mg (33.32%), Vitamin B3: 6.61mg (33.04%), Fiber: 8.23g (32.92%), Vitamin K: 25.51µg (24.3%), Vitamin B2: 0.39mg (23.2%), Copper: 0.42mg (21.04%), Zinc: 3.11mg (20.7%), Vitamin A: 981.66IU (19.63%), Vitamin B6: 0.36mg (18.19%), Magnesium: 67.93mg (16.98%), Vitamin B5: 1.54mg (15.38%), Potassium: 385.16mg (11%), Vitamin B12: 0.35µg (5.88%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.18µg (1.18%)