



Sweet Pea Risotto with Corn Broth

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 2 tablespoons butter
- 3 tablespoons carrots minced
- 3 tablespoons celery minced
- 0.5 cup fennel bulb fresh diced
- 1 tablespoon chives fresh chopped
- 1 cup corn kernels fresh
- 2 cups corn kernels fresh

- 1 tablespoon parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 1 garlic clove minced
- 2 cups peas fresh green
- 1 tablespoon olive oil
- 0.5 cup onion diced
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon salt
- 1 tablespoon sherry vinegar
- 1 teaspoon sugar
- 3 cups vegetable broth organic (such as Swanson Certified)
- 2.5 cups water

Equipment

- bowl
- sauce pan
- whisk
- sieve
- blender

Directions

- To prepare corn broth, combine 2 1/2 cups water and 2 cups corn kernels in a small saucepan; bring to a boil. Reduce heat, and simmer 5 minutes or until corn is tender. Stir in 1/4 teaspoon salt.
- Place corn mixture in blender; process until smooth. Strain corn mixture through a sieve into a bowl; discard solids. Set aside; keep warm.
- To prepare risotto, bring vegetable broth to a simmer in a medium saucepan (do not boil); keep warm over low heat.
- Heat butter in a large saucepan over medium-high heat.
- Add rice; cook 1 minute, stirring constantly.

- Add onion, carrot, and celery; cook 3 minutes, stirring constantly.
- Add warm broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes).
- Add peas, 1 cup corn kernels, fennel, 2 tablespoons cheese, and thyme, stirring until blended and hot. Keep warm.
- Combine vinegar, oil, sugar, 1/4 teaspoon salt, and garlic in a small bowl, stirring with a whisk until blended.
- Place about 1/3 cup corn broth in each of 6 bowls. Top each serving with about 1 1/2 cups risotto; drizzle with 1 teaspoon vinaigrette.
- Sprinkle each serving with 1 teaspoon cheese, 1/2 teaspoon parsley, and 1/2 teaspoon chives.
- Serve immediately.

Nutrition Facts

■ PROTEIN **10.37%** ■ FAT **22.97%** ■ CARBS **66.66%**

Properties

Glycemic Index:99.04, Glycemic Load:24.63, Inflammation Score:-10, Nutrition Score:17.054347921811%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 303.88kcal (15.19%), Fat: 8.01g (12.32%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 46.29g (16.83%), Sugar: 10.23g (11.36%), Cholesterol: 11.48mg (3.83%), Sodium: 658.09mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Vitamin A: 2277.17IU (45.54%), Folate: 148.32µg (37.08%), Manganese: 0.73mg (36.67%), Vitamin C: 29.1mg (35.27%), Vitamin K: 32.74µg (31.18%), Vitamin B1: 0.44mg (29.66%), Fiber: 6g (24.01%), Vitamin B3: 3.84mg (19.22%), Phosphorus: 173.5mg (17.35%), Iron: 2.82mg (15.65%), Magnesium: 57.85mg (14.46%), Potassium: 439.36mg (12.55%), Vitamin B6: 0.25mg (12.51%), Copper: 0.23mg (11.64%), Vitamin B5: 1.08mg (10.83%), Selenium: 7.19µg (10.27%), Zinc: 1.48mg (9.83%), Vitamin B2: 0.14mg (8.51%), Calcium: 49.26mg (4.93%), Vitamin E: 0.68mg (4.52%)