



Sweet Pepper and Green Bean Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups arborio rice uncooked
- ☐ 4 cups bell pepper red (3 peppers)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup wine dry white
- ☐ 3 garlic clove minced
- ☐ 3.5 cups green beans (2-inch) ()
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.5 teaspoon salt
- ☐ 43.5 ounce vegetable stock canned
- ☐ 2 cups water
- ☐ 2 quarts water
- ☐ 2 teaspoons thyme dried fresh chopped

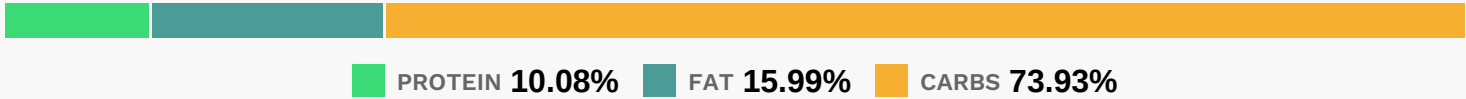
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Cook beans in boiling water 4 minutes or until crisp-tender; drain. Rinse with cold water until cool; drain.
- ☐ Combine broth and 2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add bell pepper, thyme, and garlic; saut 5 minutes.
- ☐ Add rice; cook 2 minutes, stirring constantly. Reduce heat to medium.
- ☐ Add wine and saffron; cook 2 minutes or until wine is nearly absorbed, stirring constantly.
- ☐ Add 1 cup of broth mixture; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 25 minutes total). Stir in beans; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat; stir in cheese, juice, salt, and black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:42.58, Inflammation Score:-10, Nutrition Score:22.978260708244%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 354.43kcal (17.72%), Fat: 6.04g (9.3%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 57.73g (20.99%), Sugar: 7.24g (8.04%), Cholesterol: 4.82mg (1.61%), Sodium: 899.15mg (39.09%), Alcohol: 2.32g (100%), Alcohol %: 0.42% (100%), Protein: 8.57g (17.14%), Vitamin C: 104.64mg (126.84%), Vitamin A: 3059.28IU (61.19%), Folate: 200.54µg (50.14%), Manganese: 0.95mg (47.26%), Vitamin B1: 0.45mg (30.03%), Vitamin K: 31.25µg (29.76%), Vitamin B6: 0.45mg (22.53%), Iron: 3.99mg (22.14%), Fiber: 5.11g (20.45%), Vitamin B3: 3.74mg (18.73%), Selenium: 11.7µg (16.71%), Phosphorus: 158.8mg (15.88%), Calcium: 131.98mg (13.2%), Vitamin E: 1.92mg (12.83%), Vitamin B5: 1.23mg (12.29%), Copper: 0.24mg (12.17%), Magnesium: 46.95mg (11.74%), Potassium: 370.12mg (10.57%), Vitamin B2: 0.18mg (10.51%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.09µg (1.42%)