

# Italian Sausage and Asparagus Risotto

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/rice-italia-sausage-recipe>

## Ingredients:

- 3 italian sausage Links
- 1 onion Small, Diced
- 3 cloves garlic Minced
- 3 tablespoons butter
- 1 cup rice Vialone Naro, or other short to medium grain rice
- 3 cups vegetable or Chicken Stock, low salt
- 1 cup dry white wine
- 1 cup asparagus tips
- 1/2 cup Parmesan cheese
- 3 tablespoons Italian parsley Diced
- salt
- pepper

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 95 milligrams
4. Fat: 39 grams
5. Fiber: 7 grams
6. Protein: 23 grams
7. SaturatedFat: 17 grams
8. Sodium: 1140 milligrams
9. Sugar: 3 grams

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