

# Asparagus Risotto

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sauteed-italian-asparagus-recipe>

## Ingredients:

- 2 tablespoons unsalted butter divided
- 1/2 cup shallots chopped
- 1 cup arborio rice
- 1/4 cup dry white wine or 1 Tbsp lemon juice and 3 Tbsp water
- 4 cups chicken stock or vegetable stock for vegetarian option\*
- 1/2 pound asparagus trimmed, tips cut off, tough skins of the spears peeled, if working with thick apparatus spears, and the spears cu...
- 1/2 cup grated Parmesan cheese freshly
- salt
- pepper

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 55 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams
8. Sodium: 1180 milligrams
9. Sugar: 10 grams

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