



WHATSheATE



Andrew Carmellini's Risotto Rosso with Red Wine, Radicchio, and Smoked Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1216 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 1 tablespoon butter
- ☐ 5 cups chicken broth low-sodium homemade canned
- ☐ 1 cup wine dry red
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 0.3 cup flat parsley roughly chopped
- ☐ 1 tablespoon thyme sprigs fresh

- ☐ 1 medium clove garlic smashed
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 pound mozzarella cheese smoked cut into 1/4-inch dice (3/4 cup)
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup parmesan grated plus more for serving
- ☐ 0.5 cup port wine (see note)
- ☐ 1 large head radicchio thinly split cored

Equipment

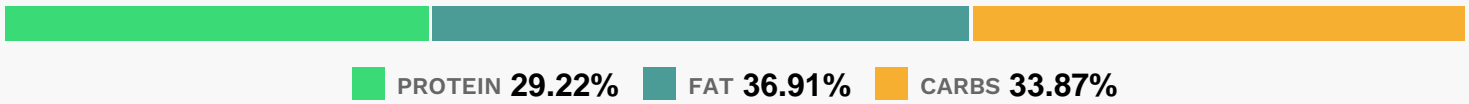
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Cut each half of radicchio into thirds lengthwise, then cut each segment in half crosswise.
- ☐ Heat 2 tablespoons olive oil in 12-inch heavy-bottomed skillet over medium-high heat until shimmering.
- ☐ Add garlic and radicchio. Season with salt and pepper and cook, stirring frequently, until radicchio has begun to wilt, about 1 minute.
- ☐ Add port, stir to combine and cook, stirring occasionally, until the port has evaporated and the radicchio pieces are soft but retain a little bit of texture and bounce, 8 to 10 minutes.
- ☐ Remove from heat and set aside. Discard garlic clove.
- ☐ Bring stock to a simmer in a medium saucepan.
- ☐ Heat remaining 2 tablespoons oil in a large saucepan or Dutch oven over high heat until shimmering.
- ☐ Add the onions and sauté until translucent, about 1 minute.
- ☐ Add rice and mix with wooden spoon until well-coated in olive oil. Continue to cook until lightly toasted, about 1 1/2 minutes.
- ☐ Add one cup of wine. Cook, stirring constantly, until wine is mostly absorbed, 1-2 minutes.

- ☐
- Add half of stock. Cook, stirring frequently, until stock is mostly absorbed, about 7 minutes.
- ☐
- Add remaining stock and cook, stirring frequently, until rice is just tender and bound in a creamy, stew-like sauce.
- ☐
- Add the radicchio and thyme. Cook for one minute, stirring constantly, then remove from heat. Season to taste with salt and pepper.
- ☐
- Add half of smoked mozzarella, the Parmigiano, and butter, and stir well. Fold in parsley and serve immediately, topping each serving with more Parmigiano and smoked mozzarella.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:63.44, Inflammation Score:-10, Nutrition Score:41.720869478972%

Flavonoids

Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg, Cyanidin: 111.12mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 10.4mg, Delphinidin: 10.4mg, Delphinidin: 10.4mg, Delphinidin: 10.4mg Malvidin: 44.19mg, Malvidin: 44.19mg, Malvidin: 44.19mg, Malvidin: 44.19mg Peonidin: 2.29mg, Peonidin: 2.29mg, Peonidin: 2.29mg, Peonidin: 2.29mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 34.11mg, Luteolin: 34.11mg, Luteolin: 34.11mg, Luteolin: 34.11mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg, Quercetin: 32.58mg

Nutrients (% of daily need)

Calories: 1216.46kcal (60.82%), Fat: 45.87g (70.57%), Saturated Fat: 14.4g (89.99%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 90.38g (32.86%), Sugar: 4.09g (4.55%), Cholesterol: 162.3mg (54.1%), Sodium: 1561.93mg (67.91%), Alcohol: 10.89g (100%), Alcohol %: 2.26% (100%), Protein: 81.72g (163.44%), Vitamin K: 299.91µg (285.62%), Selenium: 69.66µg (99.52%), Folate: 301.48µg (75.37%), Phosphorus: 680.47mg (68.05%), Manganese: 1.29mg (64.52%), Zinc: 9.19mg (61.26%), Vitamin B12: 3.29µg (54.83%), Vitamin B3: 10.71mg (53.54%), Iron: 8.99mg (49.93%), Vitamin B1: 0.61mg (40.69%), Vitamin B6: 0.77mg (38.35%), Copper: 0.68mg (34.09%), Vitamin E: 4.92mg (32.83%), Calcium: 294.7mg (29.47%), Vitamin B2: 0.45mg (26.74%), Magnesium: 101.29mg (25.32%), Potassium: 853.15mg (24.38%), Vitamin A: 1205.16IU (24.1%), Vitamin C: 16.5mg (20%), Fiber: 4.34g (17.35%), Vitamin B5: 1.66mg (16.57%), Vitamin D: 0.4µg (2.67%)