



## Andrew's Herb Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1.5 cups arborio rice uncooked
- 3 tablespoons butter
- 3 tablespoons canola oil
- 3.5 cups chicken stock see
- 0.5 cup cooking wine dry white
- 1 cup fennel bulb diced trimmed
- 3 tablespoons mint leaves fresh divided chopped
- 3 tablespoons parsley fresh divided chopped

- 2 tablespoons rosemary fresh divided chopped
- 3 cloves garlic minced
- 0.5 teaspoon ground coriander
- 1.5 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest divided grated
- 0.3 cup parmesan cheese grated
- 1 bell pepper diced red
- 8 servings salt and pepper to taste
- 1 onion diced yellow

## Equipment

- frying pan
- sauce pan

## Directions

- Heat oil and butter in a medium heavy saucepan over medium heat.
- Add fennel, bell pepper, onion, garlic, 1 1/2 tablespoons mint, 1 1/2 tablespoons parsley, 1 tablespoon rosemary and 1 teaspoon lemon zest.
- Saute, stirring, until vegetables are slightly softened (about 2 to 3 minutes).
- Stir in coriander and rice and saute, stirring, until rice grains are oil-coated (about 3 minutes).
- Pour in wine and stock and reduce heat to medium low. Simmer uncovered for 20 to 25 minutes, or until liquid is almost absorbed and rice is tender but firm. (Note: Stir once or twice while simmering.)
- Remove pan from heat and season with salt and pepper to taste. Stir in remaining mint, parsley, rosemary and lemon zest, then add lemon juice and cheese. Cover saucepan with waxed paper and let stand 8 to 10 minutes before serving.

## Nutrition Facts



**PROTEIN 9.62%** **FAT 37.83%** **CARBS 52.55%**

## Properties

Glycemic Index:39.13, Glycemic Load:24.33, Inflammation Score:-8, Nutrition Score:12.773478176931%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg, Apigenin: 3.34mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 304.09kcal (15.2%), Fat: 12.3g (18.93%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 36.12g (13.14%), Sugar: 3.56g (3.96%), Cholesterol: 18.06mg (6.02%), Sodium: 460.38mg (20.02%), Alcohol: 1.54g (100%), Alcohol %: 0.89% (100%), Protein: 7.04g (14.08%), Vitamin K: 36.68µg (34.94%), Vitamin C: 26.38mg (31.98%), Folate: 110.45µg (27.61%), Manganese: 0.52mg (25.82%), Vitamin B1: 0.27mg (18.18%), Vitamin B3: 3.53mg (17.63%), Vitamin A: 872.12IU (17.44%), Selenium: 9.86µg (14.08%), Iron: 2.31mg (12.82%), Vitamin B6: 0.23mg (11.28%), Phosphorus: 112.73mg (11.27%), Vitamin E: 1.41mg (9.41%), Fiber: 2.34g (9.36%), Vitamin B2: 0.16mg (9.13%), Copper: 0.17mg (8.42%), Potassium: 286.96mg (8.2%), Calcium: 65.34mg (6.53%), Vitamin B5: 0.63mg (6.26%), Magnesium: 24.54mg (6.14%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.07µg (1.09%)