



## Arancini di Riso

READY IN



30 min.

SERVINGS



20

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups bread crumbs dried italian-style
- 0.5 ounce porcini mushrooms dried
- 0.7 cup cooking wine dry white
- 2 large eggs beaten to blend
- 2 garlic cloves minced
- 8 cups low-salt chicken broth canned
- 2 ounces mozzarella cheese cut into 1/2-inch cubes
- 2 tablespoons olive oil
- 2 cups onions finely chopped

- 0.5 cup parmesan grated
- 0.7 cup parmesan grated
- 0.8 cup peas frozen thawed
- 20 servings salt
- 20 servings salt and pepper black freshly ground
- 1.5 cups short-grain rice white
- 0.3 cup butter unsalted
- 20 servings vegetable oil for deep-frying
- 10 ounces mushrooms white finely chopped

## Equipment

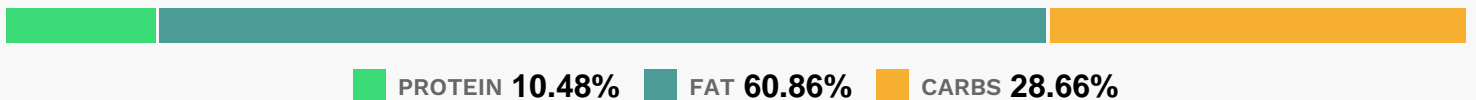
- bowl
- paper towels
- sauce pan
- slotted spoon
- cutting board

## Directions

- Watch how to make this recipe.
- Pour enough oil in a heavy large saucepan to reach the depth of 3 inches.
- Heat the oil over medium heat to 350 degrees F.
- Stir the eggs, risotto, Parmesan, and 1/2 cup of the bread crumbs in a large bowl to combine.
- Place the remaining breadcrumbs in a medium bowl. Using about 2 tablespoons of the risotto mixture for each, form the risotto mixture into 1 3/4-inch-diameter balls. Insert 1 cube of mozzarella into the center of each ball.
- Roll the balls in the bread crumbs to coat.
- Working in batches, add the rice balls to the hot oil and cook until brown and heated through, turning them as necessary, about 4 minutes. Using a slotted spoon, transfer the rice balls to paper towels to drain. Season with salt.
- Let rest 2 minutes.

- Serve hot.
- Bring the broth to a simmer in a heavy medium saucepan.
- Add the porcini mushrooms. Set aside until the mushrooms are tender, about 5 minutes. Keep the broth warm over very low heat.
- Melt the butter in a heavy large saucepan over medium heat.
- Add olive oil.
- Add the onions and saute until tender, about 8 minutes.
- Add the white mushrooms and garlic. Using a slotted spoon, transfer the porcini mushrooms to a cutting board. Finely chop the mushrooms and add to the saucepan.
- Saute until the mushrooms are tender and the juices evaporate, about 5 minutes. Stir in the rice and let it toast for a few minutes.
- Add the wine; cook until the liquid is absorbed, stirring often, about 2 minutes.
- Add 1 cup of hot broth; simmer over medium-low heat until the liquid is absorbed, stirring often, about 3 minutes. Continue to cook until the rice is just tender and the mixture is creamy, adding more broth by cupfuls and stirring often, about 28 minutes (the rice will absorb 6 to 8 cups of broth). Stir in the peas.
- Mix in the Parmesan. Season with salt and pepper, to taste.

## Nutrition Facts



### Properties

Glycemic Index:17.17, Glycemic Load:10.17, Inflammation Score:-4, Nutrition Score:9.5865216617999%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

### Nutrients (% of daily need)

Calories: 319.08kcal (15.95%), Fat: 21.49g (33.06%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.15g (7.69%), Sugar: 2.08g (2.32%), Cholesterol: 30.91mg (10.3%), Sodium: 402.4mg (17.5%), Alcohol: 0.82g (100%), Alcohol %: 0.54% (100%), Protein: 8.32g (16.65%), Vitamin K: 29.11µg (27.73%), Vitamin B3: 3.23mg (16.14%), Manganese: 0.32mg (15.95%), Phosphorus: 143.88mg (14.39%), Folate: 56.6µg (14.15%), Vitamin B1: 0.2mg (13.66%), Selenium: 9.54µg (13.63%), Vitamin B2: 0.2mg (11.68%), Calcium: 113.3mg (11.33%), Copper: 0.21mg (10.34%), Vitamin E: 1.5mg (10.02%), Iron: 1.62mg (8.99%), Vitamin B5: 0.75mg (7.47%), Fiber: 1.62g (6.49%), Potassium: 224.4mg (6.41%), Zinc: 0.92mg (6.16%), Vitamin B6: 0.12mg (5.89%), Vitamin B12: 0.31µg (5.21%), Vitamin C: 3.78mg (4.58%), Magnesium: 18.32mg (4.58%), Vitamin A: 205.12IU (4.1%), Vitamin D: 0.24µg (1.59%)