



Baked Chicken Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice (short-grain)
- ☐ 14 oz artichoke hearts drained quartered canned
- ☐ 3 tablespoons butter
- ☐ 4 cups chicken broth
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 0.3 cup wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove pressed

- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup onion sweet minced
- ☐ 2 cups zucchini coarsely chopped

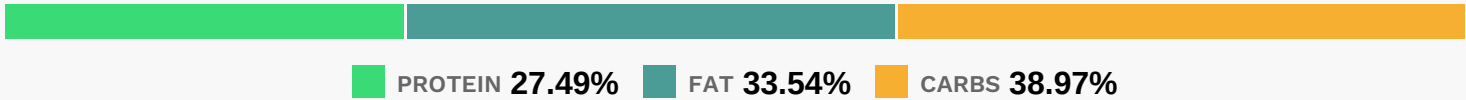
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ Melt butter in a Dutch oven over medium–high heat; add onion and garlic, and saut 5 minutes.
- ☐ Add rice, and cook 2 minutes or until golden brown.
- ☐ Add wine, and cook 2 to 3 minutes or until wine is absorbed.
- ☐ Add chicken broth. Bring to a boil, cover, and transfer to oven.
- ☐ Bake 20 minutes.
- ☐ Remove rice from oven, and stir in artichokes and next 3 ingredients. Cover and bake 10 minutes.
- ☐ Remove from oven, and let stand 5 minutes. Stir in cheese and remaining ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:31.77, Inflammation Score:-8, Nutrition Score:25.358695451332%

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 Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 559.35kcal (27.97%), Fat: 20.01g (30.78%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 48.12g (17.5%), Sugar: 5.56g (6.18%), Cholesterol: 116.9mg (38.97%), Sodium: 1615.07mg (70.22%), Alcohol: 1.54g (100%), Alcohol %: 0.31% (100%), Protein: 36.89g (73.78%), Vitamin K: 65.73µg (62.6%), Vitamin B3: 11.27mg (56.37%), Selenium: 39.37µg (56.25%), Manganese: 0.88mg (43.79%), Phosphorus: 382.26mg (38.23%), Folate: 151.9µg (37.97%), Vitamin B6: 0.71mg (35.53%), Vitamin B1: 0.45mg (30.18%), Vitamin B2: 0.44mg (25.79%), Iron: 4.27mg (23.71%), Vitamin C: 19.12mg (23.17%), Zinc: 3.19mg (21.28%), Vitamin B5: 1.94mg (19.39%), Vitamin A: 860.32IU (17.21%), Potassium: 597.25mg (17.06%), Fiber: 4.18g (16.72%), Calcium: 165.46mg (16.55%), Magnesium: 59.5mg (14.87%), Copper: 0.27mg (13.74%), Vitamin B12: 0.54µg (8.97%), Vitamin E: 0.52mg (3.45%)