



Baked Risotto with Roasted Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 1 pinch pepper black freshly ground
- ☐ 0.3 cup wine dry white
- ☐ 0.8 tsp kosher salt
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 0.5 onion finely chopped
- ☐ 0.3 cup parmesan freshly grated plus more for garnish
- ☐ 2 servings savory vegetable

- ☐ 1 tbsp butter unsalted
- ☐ 2 cups chicken broth hot organic homemade

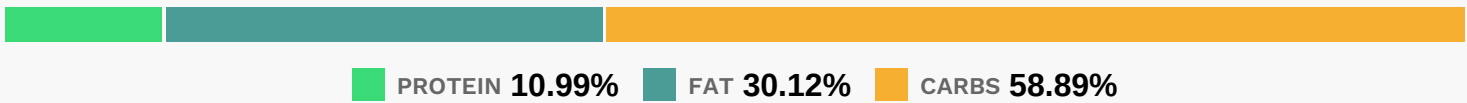
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 400°F/200°C/gas
- ☐ Roast the vegetables on a single baking sheet/tray on the top rack of the oven {the risotto will bake on the bottom rack}.
- ☐ Meanwhile, heat the olive oil in an ovenproof saucepan or Dutch oven over medium-high heat.
- ☐ Add the onion and cook, stirring, until it is soft and translucent, about 3 minutes.
- ☐ Add the rice and stir to coat with the oil. Stir in the wine and cook until the wine has evaporated, 1 minute more. Stir in 2 cups/480 ml of the hot water, salt, and pepper, and bring to a boil. Cover and transfer to the oven.
- ☐ Bake on the bottom rack during the last 25 minutes of roasting time for the vegetables. After 25 minutes, check the risotto. Most of the liquid should be absorbed and the rice just cooked.
- ☐ Remove the risotto from the oven and stir in another 1/2 cup/120 ml hot cups of water, and the butter and cheese.
- ☐ Serve topped with roasted vegetables with thin shavings of Parmigiano-Reggiano.
- ☐ From The Newlywed Cookbook: Fresh Ideas & Modern Recipes for Cooking with & for Each Other by Sarah Copeland. Text Copyright © 2012 by Sarah Copeland; photographs copyright © 2012 by Sara Remington. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:51.63, Inflammation Score:-10, Nutrition Score:22.440869637158%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 538.35kcal (26.92%), Fat: 17.37g (26.73%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 76.43g (25.48%), Net Carbohydrates: 70.21g (25.53%), Sugar: 2.57g (2.85%), Cholesterol: 28.47mg (9.49%), Sodium: 1991.21mg (86.57%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 14.27g (28.53%), Vitamin A: 4901.56IU (98.03%), Manganese: 1.19mg (59.49%), Folate: 206.26µg (51.57%), Vitamin B1: 0.6mg (40.24%), Iron: 4.5mg (24.98%), Fiber: 6.22g (24.88%), Vitamin B3: 4.84mg (24.2%), Phosphorus: 236.25mg (23.62%), Selenium: 15.68µg (22.41%), Calcium: 193.96mg (19.4%), Vitamin B2: 0.31mg (18.11%), Copper: 0.3mg (14.79%), Vitamin C: 11.5mg (13.94%), Vitamin B6: 0.28mg (13.77%), Magnesium: 52.94mg (13.23%), Vitamin B5: 1.25mg (12.47%), Zinc: 1.83mg (12.23%), Potassium: 367.79mg (10.51%), Vitamin E: 1.3mg (8.67%), Vitamin K: 5.24µg (4.99%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.17µg (1.13%)