



## Baked Vegetable Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons onion finely chopped
- 2 cloves garlic finely chopped
- 8 oz crimini mushrooms quartered
- 2 teaspoons rosemary leaves fresh chopped
- 1 cup arborio rice uncooked
- 14 oz vegetable stock canned
- 0.5 cup wine

- 1.5 cups green beans frozen thawed drained
- 0.5 cup roasted peppers red cut into strips (from a jar)
- 1 cup parmesan cheese grated

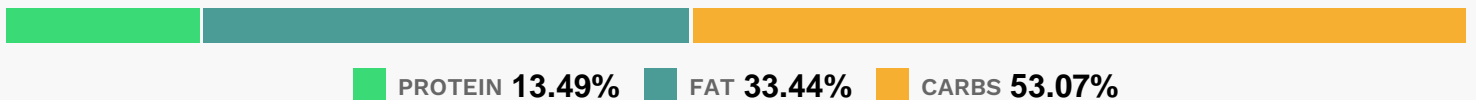
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400°F. Spray 2 1/2-quart casserole with cooking spray. In 12-inch nonstick skillet, heat olive oil over medium heat.
- Add onion, garlic, mushrooms and rosemary. Cook 3 to 5 minutes over medium heat, stirring frequently, until mushrooms start to soften.
- Add rice. Cook 2 minutes, stirring constantly.
- Add broth and wine; heat to boiling.
- Remove from heat; pour into casserole.
- Cover casserole.
- Bake 15 minutes. Stir in green beans, roasted peppers and 1/2 cup of the cheese. Cover; bake 10 to 15 minutes longer or until liquid is absorbed and rice is tender. Stir in remaining 1/2 cup cheese.

## Nutrition Facts



## Properties

Glycemic Index:61.25, Glycemic Load:33.04, Inflammation Score:-8, Nutrition Score:19.620434823244%

## 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: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,

Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## **Nutrients (% of daily need)**

Calories: 408.4kcal (20.42%), Fat: 14.48g (22.27%), Saturated Fat: 4.95g (30.95%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 48.51g (17.64%), Sugar: 3.7g (4.11%), Cholesterol: 21.75mg (7.25%), Sodium: 1082.45mg (47.06%), Alcohol: 3.09g (100%), Alcohol %: 1.18% (100%), Protein: 13.14g (26.27%), Selenium: 31.61µg (45.16%), Manganese: 0.8mg (40.22%), Folate: 148.94µg (37.23%), Phosphorus: 302.39mg (30.24%), Calcium: 261.94mg (26.19%), Vitamin B2: 0.44mg (26.11%), Vitamin B1: 0.39mg (25.88%), Vitamin B3: 4.68mg (23.39%), Copper: 0.46mg (22.87%), Vitamin K: 22.54µg (21.47%), Iron: 3.18mg (17.66%), Vitamin B5: 1.7mg (17.04%), Vitamin C: 14.02mg (16.99%), Zinc: 2.45mg (16.33%), Vitamin A: 804.92IU (16.1%), Vitamin B6: 0.3mg (14.86%), Potassium: 485.62mg (13.87%), Fiber: 3.19g (12.75%), Magnesium: 41.51mg (10.38%), Vitamin E: 1.31mg (8.75%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.18µg (1.21%)