



Basic Dairy-Free Risotto



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



435 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.5 tsp olive oil
- ☐ 0.1 tsp salt
- ☐ 3 cups veggie stock
- ☐ 0.5 cup option: of white wine in place of of veggie stock

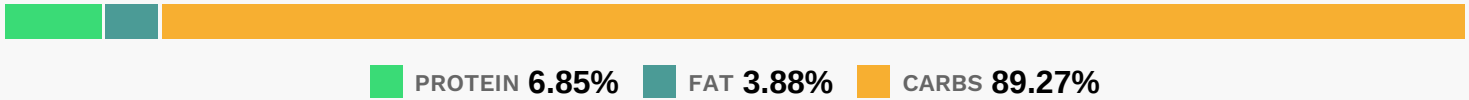
Equipment

- ☐ pot

Directions

- ☐ Warm the veggie stock in a pot.
- ☐ Heat the oil over a medium heat in a separate pot.
- ☐ Add in the uncooked rice and toast it until some of the grains turn golden.
- ☐ Add in ½ cup of veggie stock and stir. Keep stirring slowly. When the liquid is mostly absorbed, add in another ½ cup of veggie stock. Repeat this process of stirring, absorbing, and adding stock until the rice is soft and creamy.
- ☐ Add the salt at the end.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:64.87, Inflammation Score:-8, Nutrition Score:13.624782712563%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 434.77kcal (21.74%), Fat: 1.64g (2.53%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 85.22g (28.41%), Net Carbohydrates: 82.42g (29.97%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 1559.36mg (67.8%), Alcohol: 6.18g (100%), Alcohol %: 1.52% (100%), Protein: 6.54g (13.08%), Folate: 231.6µg (57.9%), Manganese: 1.11mg (55.38%), Vitamin B1: 0.57mg (37.87%), Iron: 4.4mg (24.44%), Selenium: 15.16µg (21.66%), Vitamin B3: 4.18mg (20.89%), Vitamin A: 750.83IU (15.02%), Vitamin B5: 1.31mg (13.14%), Fiber: 2.8g (11.2%), Copper: 0.21mg (10.63%), Phosphorus: 105.8mg (10.58%), Vitamin B6: 0.2mg (10.05%), Zinc: 1.17mg (7.82%), Magnesium: 29mg (7.25%), Potassium: 118.64mg (3.39%), Vitamin B2: 0.06mg (3.35%), Vitamin E: 0.16mg (1.08%)