



Basic Microwave Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 3 tablespoons butter
- ☐ 1 clove garlic minced
- ☐ 1 onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.5 cups vegetable broth
- ☐ 0.8 cup white wine

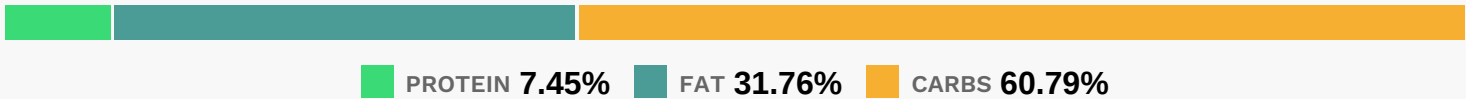
Equipment

- ☐ casserole dish
- ☐ microwave

Directions

- ☐ In a 3 quart, microwave safe casserole dish combine butter, garlic and onion.
- ☐ Place dish in microwave and cook on high for 3 minutes.
- ☐ Place vegetable broth in a microwave safe dish.
- ☐ Heat on microwave until the broth is hot but not boiling (approximately 2 minutes).
- ☐ Stir the rice and broth into the casserole dish with the onion, butter and garlic mixture. Cover the dish tightly and cook on high for 6 minutes.
- ☐ Stir wine into the rice. Cook on high for 10 minutes more. Most of the liquid should boil off. Stir the cheese into the rice and serve.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:32.63, Inflammation Score:-7, Nutrition Score:8.8365217065034%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 334.02kcal (16.7%), Fat: 10.56g (16.24%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.59g (15.85%), Sugar: 2.37g (2.63%), Cholesterol: 28.01mg (9.34%), Sodium: 533.37mg (23.19%), Alcohol: 4.64g (100%), Alcohol %: 2.58% (100%), Protein: 5.57g (11.14%), Manganese: 0.62mg (31.22%), Folate: 121.89µg (30.47%), Vitamin B1: 0.3mg (20.07%), Selenium: 10.13µg (14.47%), Iron: 2.34mg (12.98%), Vitamin B3: 2.15mg (10.76%), Phosphorus: 106.87mg (10.69%), Vitamin A: 504.78IU (10.1%), Vitamin B6: 0.16mg (7.78%),

Fiber: 1.88g (7.53%), Vitamin B5: 0.73mg (7.34%), Calcium: 71mg (7.1%), Zinc: 0.94mg (6.26%), Copper: 0.12mg (6.11%), Magnesium: 21.33mg (5.33%), Vitamin B2: 0.06mg (3.77%), Potassium: 127.13mg (3.63%), Vitamin C: 2.27mg (2.75%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.1µg (1.7%), Vitamin K: 1.14µg (1.09%)