



Black Rice Risotto

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups rice black
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion diced finely
- ☐ 0.8 cup parmesan cheese grated

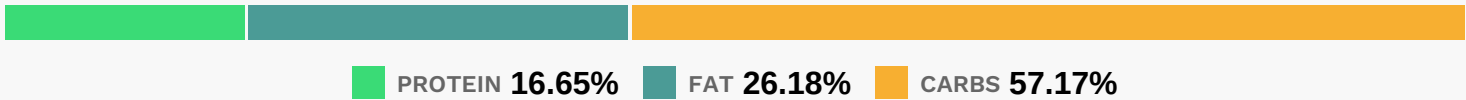
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Bring the broth to a simmer in a saucepan over medium-high heat; cover and keep warm.
- ☐ Meanwhile, heat the olive oil in a large saucepan over medium heat.
- ☐ Add the onion and cook until soft, about 4 minutes.
- ☐ Add the rice and cook, stirring, 1 minute. Reduce the heat to medium low. Stir in the wine until the liquid is absorbed, about 3 minutes.
- ☐ Ladle in 3/4 cup hot broth and cook, stirring constantly, until the liquid is absorbed, 6 to 7 minutes. Repeat with the remaining broth, adding 3/4 cup at a time, until the rice is tender but somewhat chewy, about 50 minutes.
- ☐ Stir in 3/4 teaspoon salt, pepper to taste and 1/2 cup parmesan. Divide among bowls. Top with the remaining 1/4 cup parmesan and the basil.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:20.022608731104%

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: 459.15kcal (22.96%), Fat: 12.94g (19.9%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 60.63g (22.05%), Sugar: 2.52g (2.8%), Cholesterol: 16.31mg (5.44%), Sodium: 635.7mg (27.64%), Alcohol: 3.09g (100%), Alcohol %: 0.78% (100%), Protein: 18.51g (37.02%), Manganese: 2.7mg (135.05%), Phosphorus: 470.31mg (47.03%), Vitamin B3: 8.47mg (42.37%), Selenium: 22.97µg (32.81%), Magnesium: 116.02mg (29.01%), Vitamin B6: 0.45mg (22.7%), Calcium: 207.7mg (20.77%), Copper: 0.4mg (19.9%), Vitamin B1: 0.3mg (19.86%), Zinc: 2.66mg (17.75%), Potassium: 559.6mg (15.99%), Vitamin B2: 0.25mg (14.62%), Fiber: 2.92g (11.68%), Vitamin B5: 1.15mg (11.47%), Iron: 2.06mg (11.42%), Vitamin B12: 0.61µg (10.12%), Vitamin K: 10.2µg (9.71%), Vitamin E: 1.45mg (9.66%), Folate: 21.55µg (5.39%), Vitamin A: 241.86IU (4.84%), Vitamin C: 2.31mg (2.79%)