



Black Risotto with Cuttlefish: Risotto Nero con Seppie

READY IN

ready

Image not found or type unknown

60 min.

SERVINGS

servings

Image not found or type unknown

4

CALORIES

calories

Image not found or type unknown

592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arborio rice (Vialone Nano brand preferred)
- ☐ 1 bay leaf
- ☐ 0.5 carrots roughly chopped
- ☐ 1 pound cuttlefish cleaned
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 onion roughly chopped finely chopped
- ☐ 1 bunch parsley italian finely chopped

- ☐ 2 packets squid ink
- ☐ 2 tablespoons butter unsalted

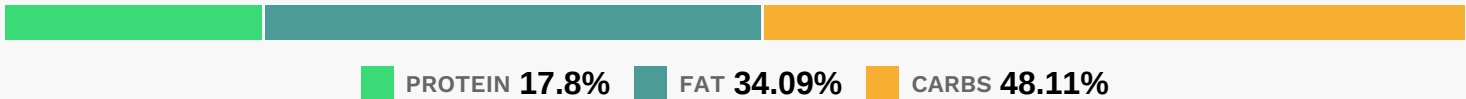
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ stove

Directions

- ☐ Bring 3 quarts water to a boil and add the roughly chopped onion, carrot, and the bay leaf. Prepare an ice bath. Plunge the cuttlefish into the boiling water and cook for 30 seconds.
- ☐ Remove and submerge in the ice bath 1-minute.
- ☐ Drain and set aside. Keep the cooking liquid warm on stove.In a 12 to 14-inch frying pan with 3-inch sides, heat the olive oil and finely chopped onion and squid ink over medium heat until softened but not brown, about 8 to 10 minutes.
- ☐ Add the rice and, stirring constantly, cook until opaque, about 2 minutes.
- ☐ Add the white wine, then the shellfish cooking liquid, ladle by ladle, until the rice is covered. Turn the heat to high and, stirring constantly, continue to cook, maintaining the level of liquid just above the level of rice, for 15 minutes. Chop the cuttlefish into 1-inch pieces and toss into the rice. Continue cooking until rice is soft but still al dente. Season with salt and pepper, remove from heat and stir in butter and parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.71, Glycemic Load:47.85, Inflammation Score:-10, Nutrition Score:37.1943479284%

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 Apigenin: 30.72mg, Apigenin:
30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin:
0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol:
0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 2.13mg, Myricetin: 2.13mg,
Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 592.37kcal (29.62%), Fat: 20.52g (31.56%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 65.15g
(21.72%), Net Carbohydrates: 62.11g (22.59%), Sugar: 1.66g (1.85%), Cholesterol: 142.06mg (47.35%), Sodium:
440.6mg (19.16%), Alcohol: 6.18g (100%), Alcohol %: 2.57% (100%), Protein: 24.1g (48.2%), Vitamin K: 243.62µg
(232.02%), Selenium: 62.35µg (89.07%), Vitamin B2: 1.1mg (64.79%), Iron: 11.2mg (62.22%), Vitamin A: 3076.25IU
(61.52%), Vitamin B12: 3.41µg (56.9%), Folate: 217.97µg (54.49%), Phosphorus: 537.53mg (53.75%), Manganese:
1.03mg (51.32%), Copper: 0.86mg (42.84%), Vitamin C: 26.44mg (32.05%), Vitamin B1: 0.46mg (30.73%), Vitamin
B3: 4.81mg (24.05%), Zinc: 3.06mg (20.4%), Vitamin B6: 0.37mg (18.44%), Potassium: 626.4mg (17.9%), Magnesium:
66.85mg (16.71%), Vitamin B5: 1.66mg (16.62%), Vitamin E: 2.27mg (15.11%), Calcium: 137.08mg (13.71%), Fiber: 3.04g
(12.15%)