



Breakfast Risotto

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



773 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice medium-grain white
- ☐ 2 small bay leaves
- ☐ 4 tablespoons butter divided ()
- ☐ 0.5 cup wine dry white
- ☐ 4 ground sausage italian hot
- ☐ 3 cups chicken broth ()
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese freshly grated for serving

- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 pinch saffron threads

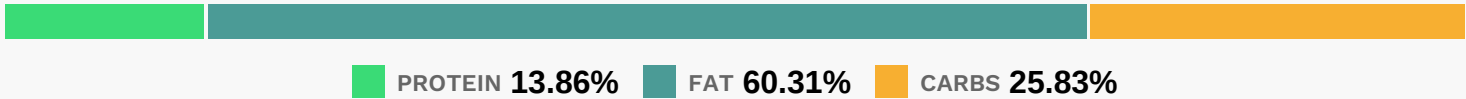
Equipment

- ☐ sauce pan

Directions

- ☐ Melt 2 tablespoons butter in large saucepan over medium-high heat.
- ☐ Add sausages; break up with fork.
- ☐ Add next 2 ingredients. Sauté until onion is translucent, about 4 minutes. Stir in rice.
- ☐ Add wine; boil until liquid evaporates, 1 minute.
- ☐ Add 3 cups broth and saffron; bring to boil. Reduce heat to medium-low; simmer, stirring occasionally, until risotto is tender, adding more broth if dry, about 18 minutes. Discard bay leaves; mix in 1/3 cup cheese and parsley. Season with salt and pepper. Pass cheese alongside.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:32.51, Inflammation Score:-8, Nutrition Score:24.682173989389%

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: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 772.9kcal (38.64%), Fat: 50.18g (77.21%), Saturated Fat: 21.52g (134.51%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 46.09g (16.76%), Sugar: 2.27g (2.52%), Cholesterol: 122.47mg (40.82%), Sodium: 1114.1mg (48.44%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 25.95g (51.9%), Vitamin K: 83.4µg (79.43%), Vitamin B1: 0.95mg (63.06%), Selenium: 38.62µg (55.17%), Vitamin B3: 8.28mg (41.4%), Folate: 140.98µg (35.25%), Manganese: 0.69mg (34.64%), Phosphorus: 335.82mg (33.58%), Vitamin B6: 0.51mg (25.74%), Iron: 4.35mg (24.15%), Vitamin B12: 1.33µg (22.21%), Zinc: 3.26mg (21.76%), Vitamin B2: 0.32mg (18.78%), Potassium: 600.15mg (17.15%), Vitamin A: 847.1IU (16.94%), Copper: 0.31mg (15.64%), Vitamin C: 11.88mg (14.4%), Vitamin B5: 1.34mg (13.4%), Calcium: 125mg (12.5%), Magnesium: 41.74mg (10.43%), Fiber: 2.26g (9.03%), Vitamin E: 0.41mg (2.75%)