



Broccoli Rabe Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



892 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arborio rice
- ☐ 4 servings bull's blood leaves for garnish
- ☐ 1 bunch broccoli rabe cut into small florets
- ☐ 4 servings chervil for garnish
- ☐ 8 cups chicken stock see as needed
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 sprigs thyme leaves fresh chopped

- ☐ 3 cloves garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup niçoise olives pitted sliced
- ☐ 1 cup parmesan grated plus more for garnish
- ☐ 7 ounces piquillo peppers diced
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 shallots
- ☐ 2 tablespoons butter unsalted

Equipment

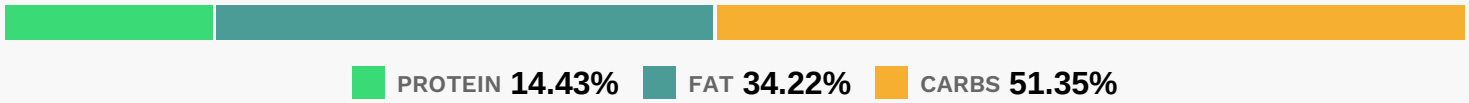
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ stove

Directions

- ☐ Blanch the broccoli rabe, and then immediately shock in an ice bath.
- ☐ Remove from the ice and set aside.
- ☐ Heat the chicken stock in a medium saucepan and keep warm on the stove.
- ☐ Heat 1 tablespoon of the butter and the olive oil in a medium high-sided saute pan, and cook the garlic and shallots, sprinkling with salt and black pepper, until soft. Stir in the rice, tossing to coat, and cook 1 minute.
- ☐ Pour in the wine and cook until completely reduced.
- ☐ Add 2 cups of the hot stock and cook until absorbed. Continue adding 1 cup of the stock at a time, stirring often, until all the liquid is absorbed. (You may not need all of the stock.) Cook until the rice is al dente, about 20 minutes.
- ☐ Stir in the broccoli rabe to combine, and then stir in the Parmesan and remaining butter until melted. Adjust the seasoning and serve with the Piquillo Pepper Salsa alongside.

- ☐
- Garnish with bull's blood, chervil sprigs and a sprinkle of Parmesan.
- ☐
- Combine the piquillo peppers, olives, olive oil, parsley, vinegar and thyme in a small bowl. Season with salt and black pepper and serve with the risotto.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:63.62, Inflammation Score:-10, Nutrition Score:39.618260684221%

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: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 892.31kcal (44.62%), Fat: 31.95g (49.15%), Saturated Fat: 11.25g (70.33%), Carbohydrates: 107.86g (35.95%), Net Carbohydrates: 102.16g (37.15%), Sugar: 10.44g (11.6%), Cholesterol: 46.45mg (15.48%), Sodium: 1513.91mg (65.82%), Alcohol: 6.18g (100%), Alcohol %: 0.95% (100%), Protein: 30.32g (60.64%), Vitamin K: 168.28µg (160.27%), Folate: 315.09µg (78.77%), Manganese: 1.52mg (76.24%), Vitamin B3: 12.71mg (63.53%), Vitamin C: 48.19mg (58.41%), Vitamin B1: 0.86mg (57.03%), Vitamin A: 2753.91IU (55.08%), Iron: 8.99mg (49.97%), Selenium: 32.85µg (46.93%), Phosphorus: 467.74mg (46.77%), Calcium: 425.03mg (42.5%), Vitamin B2: 0.64mg (37.93%), Vitamin B6: 0.7mg (34.97%), Copper: 0.55mg (27.72%), Potassium: 866.24mg (24.75%), Vitamin E: 3.45mg (23.01%), Fiber: 5.7g (22.81%), Zinc: 3.19mg (21.29%), Magnesium: 80.52mg (20.13%), Vitamin B5: 1.66mg (16.65%), Vitamin B12: 0.31µg (5.2%), Vitamin D: 0.23µg (1.53%)