



## Broccoli Risotto with Cream and Lemon

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups arborio rice
- 1.5 tablespoons asiago cheese grated
- 3 cups broccoli florets cooked
- 3 tablespoons butter
- 5 cups chicken broth hot
- 0.5 cup cooking wine dry white (such as Sauvignon Blanc)
- 2 tablespoons chives fresh chopped
- 4 cloves garlic chopped

- 1 cup heavy cream
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 1 tablespoon parmesan cheese grated
- 6 servings salt and pepper to taste
- 0.5 large onion sweet finely chopped

## Equipment

- sauce pan

## Directions

- Heat the olive oil and butter in a large, heavy-bottomed saucepan over medium-high heat.
- Add the onion and garlic; cook and stir until the onion begins to turn golden brown at the edges, about 2 minutes.
- Pour in the rice, and stir until the rice is coated in oil and has started to toast, 3 to 4 minutes. Reduce the heat to medium and stir in the white wine and lemon juice.
- Cook and stir until the wine has mostly evaporated, then stir in one third of the chicken broth; continue stirring until incorporated. Repeat this process twice more, stirring constantly. Stirring in the broth should take 15 to 20 minutes in all. Stir in the cream, and cook 5 minutes before stirring in the broccoli, chives, Parmesan cheese, and Asiago cheese. Cook and stir until the risotto is hot; season to taste with salt and pepper before serving.

## Nutrition Facts

    
 **PROTEIN 7.02%**  **FAT 51.04%**  **CARBS 41.94%**

## Properties

Glycemic Index:44.33, Glycemic Load:32.1, Inflammation Score:-8, Nutrition Score:17.473478379457%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg,

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 470.08kcal (23.5%), Fat: 26.11g (40.17%), Saturated Fat: 13.85g (86.58%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 45.36g (16.49%), Sugar: 4.34g (4.82%), Cholesterol: 65.36mg (21.79%), Sodium: 1028.9mg (44.73%), Alcohol: 2.07g (100%), Alcohol %: 0.65% (100%), Protein: 8.08g (16.16%), Vitamin C: 45.29mg (54.89%), Vitamin K: 53.26µg (50.72%), Folate: 154.55µg (38.64%), Manganese: 0.76mg (38.24%), Vitamin B1: 0.38mg (25.48%), Vitamin A: 1106.67IU (22.13%), Vitamin B2: 0.29mg (16.85%), Selenium: 11.74µg (16.77%), Iron: 2.79mg (15.52%), Vitamin B3: 2.87mg (14.35%), Phosphorus: 135.5mg (13.55%), Vitamin B6: 0.25mg (12.27%), Fiber: 2.91g (11.65%), Vitamin E: 1.66mg (11.04%), Vitamin B5: 1.09mg (10.88%), Copper: 0.19mg (9.29%), Calcium: 91.27mg (9.13%), Potassium: 308.12mg (8.8%), Magnesium: 30.48mg (7.62%), Zinc: 1.11mg (7.42%), Vitamin D: 0.65µg (4.3%), Vitamin B12: 0.14µg (2.35%)