



Caramelized Carrot Risotto

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice
- 6 medium carrots peeled chopped finely (3 cups; see Notes)
- 0.5 cup cooking wine dry white
- 1 tablespoon flat-leaf parsley finely chopped for garnish
- 1 teaspoon thyme leaves fresh roughly chopped
- 5 cups chicken broth reduced-sodium
- 0.3 cup mascarpone cheese
- 0.3 cup onion minced

- 0.3 cup freshly parmesan cheese shredded for garnish
- 0.5 tsp salt
- 1 teaspoon sugar
- 3 tablespoons butter unsalted divided
- 2 tablespoons vegetable oil divided
- 0.1 teaspoon pepper white

Equipment

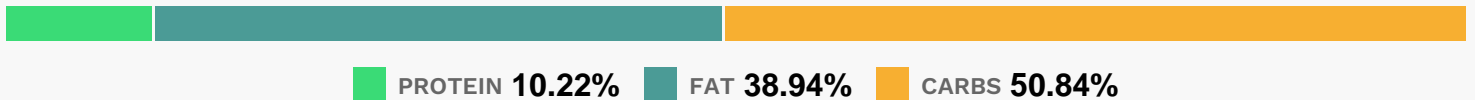
- bowl
- pot
- blender
- wooden spoon

Directions

- Heat 1 tbsp. oil and 1 tbsp. butter over medium heat in a medium heavy-bottomed pot; add carrots and stir with a wooden spoon until well coated.
- Add 1/2 cup water, 1/2 tsp. salt, and the sugar; cover and cook 5 minutes, or until tender. Uncover and cook, stirring occasionally, until water evaporates and carrots are just starting to brown, a few minutes more. Reserve half of the carrots. In a blender, pure other half with 3/4 cup hot water.
- Bring chicken broth to a simmer and keep at a simmer, covered, over low heat.
- Heat remaining oil and butter over medium heat in same (unwashed) pot used for carrots.
- Add onion and cook until translucent, about 3 minutes.
- Add rice, stirring with a wooden spoon to coat rice with oil, 1 minute.
- Add wine and cook, stirring, until wine evaporates.
- Add carrot pure and cook, stirring, until mixture no longer looks soupy.
- Add 1/2 cup hot broth, stirring often, until rice absorbs most of the liquid. Repeat process, adding 1/2 cup broth at a time and stirring often till each addition is absorbed before adding the next, until rice is al dente (about 20 minutes; at least 1 cup broth will remain).

- Fold in reserved carrots (save 2 tbsp. for garnish), mascarpone, 1/4 cup parmesan, 1 tbsp. parsley, and the thyme.
- Add up to 1 cup broth (1/4 cup at a time) to loosen the risotto. Season with salt and white pepper to taste.
- Sprinkle each bowl of risotto with some of remaining 1/2 cup parmesan, remaining 1 tbsp. parsley, and reserved carrots.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.12, Glycemic Load:25.52, Inflammation Score:-10, Nutrition Score:13.941739222278%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 305.61kcal (15.28%), Fat: 12.84g (19.75%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 35.2g (12.8%), Sugar: 3.32g (3.69%), Cholesterol: 20.44mg (6.81%), Sodium: 277.37mg (12.06%), Alcohol: 1.54g (100%), Alcohol %: 0.72% (100%), Protein: 7.58g (15.17%), Vitamin A: 7951.17IU (159.02%), Folate: 97.99µg (24.5%), Manganese: 0.49mg (24.41%), Vitamin B3: 4.06mg (20.29%), Vitamin K: 21µg (20%), Vitamin B1: 0.25mg (16.53%), Phosphorus: 124.08mg (12.41%), Iron: 2.2mg (12.2%), Fiber: 2.5g (10.02%), Potassium: 330.62mg (9.45%), Selenium: 6.52µg (9.31%), Copper: 0.18mg (9.11%), Vitamin B6: 0.16mg (8.09%), Calcium: 74.99mg (7.5%), Vitamin B5: 0.65mg (6.45%), Vitamin B2: 0.11mg (6.28%), Zinc: 0.8mg (5.34%), Vitamin C: 4.26mg (5.17%), Magnesium: 19.92mg (4.98%), Vitamin E: 0.71mg (4.76%), Vitamin B12: 0.19µg (3.23%)