



Cauliflower Risotto with Brie and Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1.5 cups arborio rice
- ☐ 5 ounce round of président brie cut into small pieces
- ☐ 0.5 head cauliflower cut into 1/2-inch florets (4 cups)
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons olive oil divided
- ☐ 3 thyme sprigs
- ☐ 1 tablespoon butter unsalted

- ☐ 4 cups vegetable broth reduced-sodium
- ☐ 2.5 cups water

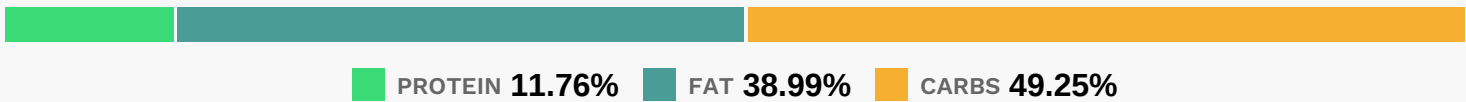
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth, water, and thyme sprigs to a bare simmer in a medium saucepan.
- ☐ Meanwhile, heat butter and 1 tablespoon oil in a 4-quart heavy saucepan over medium-high heat until foam subsides, then sauté cauliflower with 1/4 teaspoon salt until crisp-tender and golden brown, about 6 minutes.
- ☐ Add thyme leaves and sauté 1 minute.
- ☐ Transfer to a bowl.
- ☐ Add remaining tablespoon oil to pan, then add rice and cook, stirring constantly, 1 minute.
- ☐ Add wine and simmer briskly, stirring, until wine has been absorbed, about 1 minute.
- ☐ Add 1/2 cup hot broth and briskly simmer, stirring, until broth has been absorbed. Continue simmering and adding hot broth, about 1/2 cup at a time, stirring constantly and waiting until each addition has been absorbed before adding the next, until rice is just tender and looks creamy, 18 to 22 minutes. (There will be leftover broth.)
- ☐ Stir in cauliflower, Brie, and salt and pepper to taste. Thin with some of remaining broth if desired.
- ☐ Serve topped with almonds.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:47.86, Inflammation Score:-9, Nutrition Score:21.002173973166%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 568.35kcal (28.42%), Fat: 24.08g (37.05%), Saturated Fat: 9.42g (58.89%), Carbohydrates: 68.46g (22.82%), Net Carbohydrates: 62.85g (22.85%), Sugar: 3.07g (3.41%), Cholesterol: 42.96mg (14.32%), Sodium: 254.27mg (11.06%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 16.34g (32.69%), Folate: 241.27µg (60.32%), Manganese: 1.11mg (55.64%), Vitamin C: 35.84mg (43.45%), Vitamin B1: 0.5mg (33.45%), Selenium: 17.26µg (24.66%), Iron: 4.16mg (23.12%), Fiber: 5.61g (22.44%), Vitamin E: 3.19mg (21.3%), Phosphorus: 211.61mg (21.16%), Vitamin B2: 0.36mg (21.09%), Vitamin B3: 3.9mg (19.49%), Vitamin B6: 0.37mg (18.35%), Vitamin B5: 1.74mg (17.41%), Vitamin K: 16.49µg (15.71%), Magnesium: 60.57mg (15.14%), Copper: 0.3mg (15.02%), Zinc: 2.16mg (14.38%), Potassium: 401.64mg (11.48%), Calcium: 114.07mg (11.41%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 332.96IU (6.66%), Vitamin D: 0.23µg (1.53%)