



Champagne-Feta Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice
- 0.5 cup white wine
- 0.5 teaspoon basil dried
- 32 ounce less-sodium chicken broth fat-free canned
- 2.5 ounces feta cheese crumbled
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 ounce parmesan cheese fresh grated

0.3 cup water

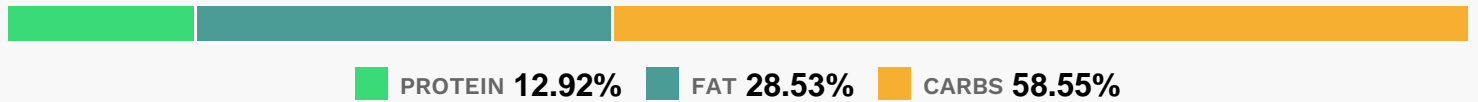
Equipment

sauce pan

Directions

- Bring the first 3 ingredients to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat oil in a large saucepan over medium-high heat.
- Add onion, and saut 3 minutes.
- Add rice; saut 2 minutes. Stir in Champagne; cook 1 minute or until the liquid is absorbed. Stir in 1 cup broth mixture; cook for 5 minutes or until liquid is nearly absorbed, stirring constantly. Reduce heat to medium.
- Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes total). Stir in feta.
- Sprinkle each serving with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:32.49, Inflammation Score:-6, Nutrition Score:12.890869542308%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 334.64kcal (16.73%), Fat: 9.83g (15.12%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 43.26g (15.73%), Sugar: 2.38g (2.65%), Cholesterol: 20.59mg (6.86%), Sodium: 1247.88mg (54.26%), Alcohol: 3.09g (100%), Alcohol %: 0.99% (100%), Protein: 10.01g (20.03%), Folate: 132.22µg (33.06%), Manganese: 0.65mg (32.44%), Selenium: 17.03µg (24.32%), Vitamin B1: 0.35mg (23.23%), Phosphorus: 198.69mg (19.87%), Calcium: 197.16mg (19.72%), Vitamin B3: 3.6mg (18.01%), Iron: 2.9mg (16.13%), Vitamin B2: 0.26mg (15.38%), Vitamin B12: 0.84µg (13.97%), Vitamin B6: 0.26mg (13.18%), Vitamin B5: 1.18mg (11.83%), Zinc: 1.42mg (9.44%), Copper: 0.18mg (8.93%), Fiber: 2.13g (8.51%), Magnesium: 28.34mg (7.08%), Potassium: 206.57mg (5.9%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.57mg (3.82%), Vitamin C: 2.96mg (3.59%), Vitamin A: 131.85IU (2.64%)