



Cheesy Risi e Bisi

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arborio rice
- ☐ 3 cups chicken stock see
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 large clove garlic finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup parmigiano generous grated

- ☐ 1 cup tiny peas frozen
- ☐ 4 servings salt and pepper

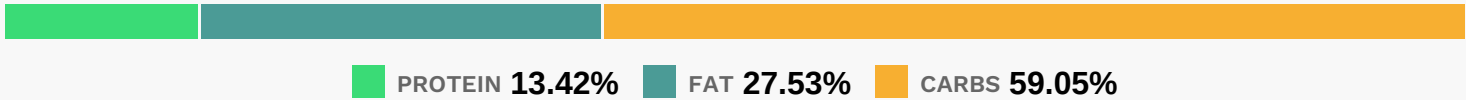
Equipment

- ☐ frying pan

Directions

- ☐ Heat a medium skillet over medium high heat.
- ☐ Add extra-virgin olive oil and garlic and onion and saute, stirring constantly 2 to 3 minutes then add rice and season with a little salt and pepper. Cook another minute or so then add wine and let it completely absorb, 30 seconds.
- ☐ Add about 1 cup chicken stock and stir. Reduce heat a bit to medium. Stir often and continue adding a half cup of liquid each time liquid becomes completely absorbed. Cook 22 minutes, using as much stock as is necessary to result in creamy-consistency rice with a bite to it.
- ☐ When rice is cooked to desired consistency, remove from heat and stir in cheese, parsley and peas and stir to combine and to heat peas through.

Nutrition Facts



Properties

Glycemic Index:64.33, Glycemic Load:33.32, Inflammation Score:-8, Nutrition Score:16.8708695102%

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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 392.98kcal (19.65%), Fat: 11.22g (17.26%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 50.29g (18.29%), Sugar: 6g (6.67%), Cholesterol: 9.65mg (3.22%), Sodium: 557.22mg (24.23%), Alcohol: 3.09g (100%), Alcohol %: 1.19% (100%), Protein: 12.31g (24.61%), Vitamin K: 46.67µg (44.45%), Folate: 155.19µg (38.8%), Manganese: 0.74mg (37.11%), Vitamin B1: 0.46mg (30.48%), Vitamin B3: 5.76mg (28.8%), Vitamin C: 19.05mg (23.09%), Selenium: 13.8µg (19.71%), Phosphorus: 191.41mg (19.14%), Iron: 3.37mg (18.74%), Vitamin B6: 0.31mg (15.47%), Fiber: 3.85g (15.38%), Vitamin B2: 0.26mg (15.15%), Copper: 0.28mg (14.07%), Potassium: 382.25mg (10.92%), Zinc: 1.52mg (10.13%), Calcium: 101mg (10.1%), Vitamin A: 500.42IU (10.01%), Magnesium: 39.35mg (9.84%), Vitamin E: 1.14mg (7.61%), Vitamin B5: 0.76mg (7.57%), Vitamin B12: 0.08µg (1.25%)