



Cheesy Vegetable Risotto

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice uncooked
- 12 oz broccoli frozen
- 1 tablespoon butter
- 32 oz chicken broth warmed reduced-sodium (4 cups)
- 2 tablespoons parsley fresh chopped
- 1 clove garlic finely chopped
- 0.3 teaspoon pepper
- 1 cup onion chopped

- 0.5 cup parmesan shredded
- 2 tablespoons vegetable oil

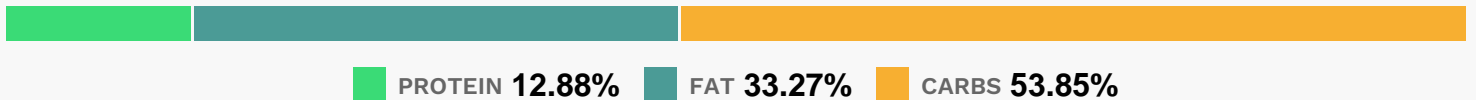
Equipment

- frying pan

Directions

- In 10-inch nonstick skillet, heat butter and oil over medium-high heat until butter is melted.
- Add onion and garlic; cook 3 to 4 minutes, stirring frequently, until onion is tender.
- Stir in rice. Cook, stirring occasionally, until edges of kernels are translucent. Stir in 1/2 cup of the broth. Cook 2 to 3 minutes, stirring constantly, until broth is absorbed.
- Reduce heat to medium. Stir in 1 1/2 cups of the broth; cook uncovered about 5 minutes, stirring frequently, until broth is absorbed. Stir in another 1 cup of the broth; cook uncovered about 5 minutes longer, stirring frequently, until broth is absorbed.
- Stir in remaining 1 cup broth. Cook about 8 minutes, stirring frequently, until rice is tender and mixture is creamy.
- Meanwhile, cook frozen vegetables as directed on bag. Stir vegetables, Parmesan cheese, parsley and pepper into rice mixture.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:16.72, Inflammation Score:-7, Nutrition Score:12.581304283894%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 186.98kcal (9.35%), Fat: 6.98g (10.74%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 23.22g (8.44%), Sugar: 2.12g (2.36%), Cholesterol: 6.52mg (2.17%), Sodium: 553.05mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin K: 66.32µg (63.16%), Vitamin C: 40.86mg (49.53%), Folate: 90.34µg (22.58%), Manganese: 0.44mg (22.18%), Vitamin B1: 0.21mg (13.92%), Phosphorus: 107.18mg (10.72%), Calcium: 106.73mg (10.67%), Selenium: 6.86µg (9.79%), Vitamin A: 463.62IU (9.27%), Vitamin B2: 0.16mg (9.23%), Iron: 1.62mg (8.98%), Fiber: 2.2g (8.81%), Vitamin B3: 1.61mg (8.03%), Vitamin B6: 0.15mg (7.64%), Vitamin B5: 0.64mg (6.37%), Potassium: 217.35mg (6.21%), Magnesium: 21.32mg (5.33%), Copper: 0.1mg (5.18%), Zinc: 0.75mg (5%), Vitamin E: 0.74mg (4.9%), Vitamin B12: 0.1µg (1.66%)