



Classic Risotto Milanese

 Gluten Free

READY IN



29 min.

SERVINGS



5

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 5 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.6 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin

- ☐ 1.3 cups onion diced
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 teaspoon saffron threads crushed

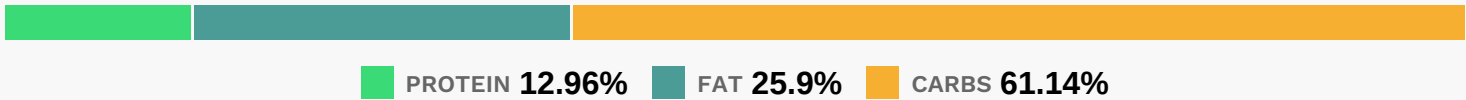
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring stock to a simmer in a saucepan (do not boil). Keep warm over low heat.
- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; cook 5 minutes, stirring occasionally.
- ☐ Add rice, salt, and saffron; cook 1 minute, stirring frequently.
- ☐ Add wine; cook 2 minutes or until liquid is absorbed, stirring frequently. Stir in 1 1/2 cups stock; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining stock, 3/4 cup at a time, stirring nearly constantly until each portion is absorbed before adding the next (about 22 minutes total); reserve 1/3 cup stock at last addition.
- ☐ Remove pan from heat. Stir in reserved 1/3 cup stock, butter, pepper, and cheese. Top with parsley.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:38.58, Inflammation Score:-7, Nutrition Score:15.211738953124%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 421.31kcal (21.07%), Fat: 11.44g (17.61%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 58.31g (21.2%), Sugar: 5.79g (6.43%), Cholesterol: 17.75mg (5.92%), Sodium: 763.12mg (33.18%), Alcohol: 2.47g (100%), Alcohol %: 0.82% (100%), Protein: 12.88g (25.76%), Folate: 161.46µg (40.37%), Manganese: 0.73mg (36.67%), Vitamin B3: 6.37mg (31.87%), Vitamin B1: 0.45mg (29.8%), Vitamin K: 30.14µg (28.71%), Selenium: 16.1µg (23.01%), Iron: 3.39mg (18.84%), Phosphorus: 185.92mg (18.59%), Vitamin B2: 0.27mg (16.01%), Vitamin B6: 0.32mg (15.86%), Copper: 0.28mg (13.98%), Potassium: 391.56mg (11.19%), Calcium: 103.29mg (10.33%), Fiber: 2.46g (9.85%), Vitamin B5: 0.87mg (8.75%), Zinc: 1.3mg (8.66%), Magnesium: 33.95mg (8.49%), Vitamin C: 5.57mg (6.75%), Vitamin A: 265.94IU (5.32%), Vitamin E: 0.78mg (5.19%), Vitamin B12: 0.08µg (1.41%)