



Corn Risotto

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arborio rice uncooked
- 1.5 cups corn cut from cob fresh divided
- 3 garlic cloves minced
- 1.5 cups onion diced
- 1.5 teaspoons oregano fresh minced
- 0.5 teaspoon pepper
- 0.3 teaspoon saffron threads crushed
- 0.5 cup cooking sherry

- 1 cup skim milk
- 87 ounce vegetable broth cans) canned divided

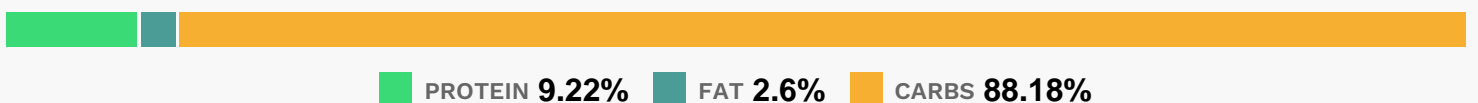
Equipment

- food processor
- bowl
- sauce pan
- blender
- dutch oven

Directions

- Combine 1/4 cup broth and saffron in a small bowl; set aside.
- Combine 1 cup corn and soy beverage in blender or food processor, and process until smooth.
- Pour into a bowl; stir in remaining corn. Set aside.
- Bring remaining 9 1/4 cups broth to a simmer in a large saucepan (do not boil). Keep warm over low heat.
- Combine onion, sherry, and garlic in a large Dutch oven; cook over medium-high heat 5 minutes or until tender.
- Add rice; cook 5 minutes, stirring constantly. Stir in saffron mixture, 4 cups warm broth, oregano, and pepper; cook 8 minutes or until the liquid is nearly absorbed, stirring constantly.
- Add remaining broth, 1/2 cup at a time, stirring constantly; cook until each portion of broth is absorbed before adding the next (about 25 to 30 minutes total).
- Remove from heat; stir in the corn mixture.
- Serve with Smoked Bean Ragout.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:30.56, Inflammation Score:-8, Nutrition Score:9.3226086497307%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 227.11kcal (11.36%), Fat: 0.63g (0.97%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 45.63g (16.59%), Sugar: 6.5g (7.22%), Cholesterol: 0.82mg (0.27%), Sodium: 1113.43mg (48.41%), Alcohol: 1.37g (100%), Alcohol %: 0.42% (100%), Protein: 5.02g (10.04%), Manganese: 0.6mg (29.97%), Folate: 119.4µg (29.85%), Vitamin B1: 0.32mg (21.3%), Vitamin A: 691.36IU (13.83%), Iron: 2.25mg (12.49%), Vitamin B3: 2.36mg (11.78%), Selenium: 7.71µg (11.01%), Phosphorus: 105.2mg (10.52%), Fiber: 2.37g (9.49%), Vitamin B5: 0.89mg (8.92%), Vitamin B6: 0.17mg (8.46%), Magnesium: 27.78mg (6.94%), Copper: 0.12mg (6.22%), Potassium: 202.62mg (5.79%), Zinc: 0.81mg (5.37%), Calcium: 52.71mg (5.27%), Vitamin B2: 0.08mg (4.86%), Vitamin C: 3.94mg (4.77%), Vitamin B12: 0.16µg (2.63%), Vitamin K: 2.5µg (2.38%), Vitamin D: 0.3µg (2%)