



Creamy beetroot risotto



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g beets fresh
- ☐ 2 tbsp olive oil
- ☐ 1 knob butter
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 250 g arborio rice
- ☐ 150 ml wine
- ☐ 700 ml vegetable stock hot

- ☐ 1 handful parmesan grated (or vegetarian alternative)
- ☐ 4 tbsp cream
- ☐ 1 handful optional: dill chopped

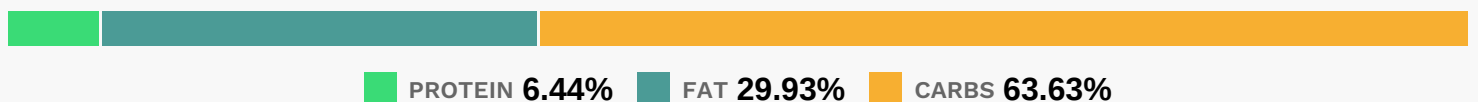
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Peel and trim the beetroots (use kitchen gloves if you dont want your hands to get stained) and cut into large wedges.
- ☐ Place on a large sheet of foil on a baking sheet. Toss with 1 tbsp olive oil, season, then cook for 1 hr until the beets are soft.
- ☐ Meanwhile, heat the remaining olive oil with the butter in an ovenproof pan with a lid. Tip in the onion and garlic, then cook for 3–5 mins until translucent. Stir in the rice until well coated with the butter and oil.
- ☐ Pour over the white wine, then let the mixture bubble away for 5 mins.
- ☐ Stir well, then pour over the stock. Stir again, cover and place in the oven. Cook for 15 mins until the rice is soft.
- ☐ Remove the beetroots from the oven. Whizz of them to make a pure, then chop the remainder into small pieces. Stir most of the Parmesan, the beetroot pure and chopped beetroot through the risotto, then serve with some soured cream dolloped over and the dill and extra Parmesan scattered on top.

Nutrition Facts



Properties

Glycemic Index:88.75, Glycemic Load:46.33, Inflammation Score:-8, Nutrition Score:16.03173906429%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 453.87kcal (22.69%), Fat: 14.22g (21.88%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 62.3g (22.65%), Sugar: 11.88g (13.2%), Cholesterol: 18.54mg (6.18%), Sodium: 838.33mg (36.45%), Alcohol: 3.92g (100%), Alcohol %: 1.1% (100%), Protein: 6.89g (13.77%), Folate: 287.52µg (71.88%), Manganese: 1.16mg (57.82%), Vitamin B1: 0.41mg (27.39%), Fiber: 5.74g (22.95%), Iron: 3.88mg (21.58%), Selenium: 11.15µg (15.92%), Potassium: 542.32mg (15.49%), Vitamin B3: 3.08mg (15.42%), Phosphorus: 137.62mg (13.76%), Vitamin B6: 0.26mg (12.89%), Magnesium: 51.42mg (12.85%), Vitamin A: 639.32IU (12.79%), Copper: 0.24mg (12.1%), Vitamin B5: 1.1mg (11.02%), Vitamin C: 8.71mg (10.56%), Zinc: 1.28mg (8.53%), Vitamin E: 1.23mg (8.21%), Vitamin B2: 0.12mg (6.91%), Vitamin K: 5.29µg (5.04%), Calcium: 49.91mg (4.99%)