



Creamy Blue Cheese Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz arborio rice uncooked (1-)
- 0.3 cup athenos cheese blue
- 3 cups chicken broth divided
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 2 cups mushrooms sliced
- 4 tsp olive oil divided
- 1 medium onion finely chopped

- 0.5 cup polly-o parmesan cheese shredded
- 1 cup peas frozen thawed
- 0.3 lb pancetta thinly sliced cut into strips

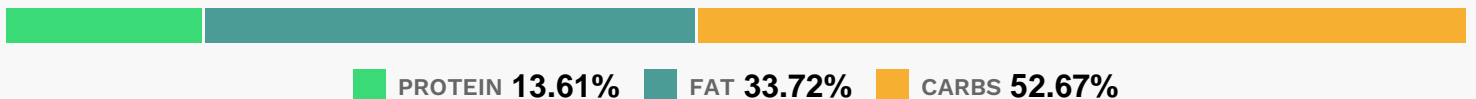
Equipment

- frying pan
- slotted spoon

Directions

- Cook and stir prosciutto in 1 tsp. of the oil in large skillet on medium heat until crispy.
- Remove prosciutto from skillet with slotted spoon; set aside.
- Add mushrooms, onions, garlic, rice and remaining 3 tsp. oil to skillet; stir until rice is evenly coated with oil. Cook until onions are tender, stirring occasionally.
- Add 1 cup of the broth, cooking and stirring constantly until broth is absorbed. Repeat with remaining broth, adding broth 1 cup at a time and cooking until rice is tender but firm.
- Stir in peas, Parmesan cheese and blue cheese; cook until cheeses are completely melted, stirring frequently. Spoon onto serving platter. Top with the prosciutto; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:8.61, Glycemic Load:6.4, Inflammation Score:-2, Nutrition Score:3.1417391190062%

Flavonoids

Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 69.42kcal (3.47%), Fat: 2.58g (3.97%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.44g (3.07%), Sugar: 0.59g (0.65%), Cholesterol: 4.24mg (1.41%), Sodium: 131.15mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin K: 8.43µg (8.03%), Manganese: 0.14mg (6.97%), Folate: 27.78µg (6.95%), Vitamin B1: 0.09mg (5.78%), Selenium: 3.3µg (4.71%), Vitamin B3: 0.88mg (4.42%), Phosphorus: 39.1mg (3.91%), Vitamin B2: 0.06mg (3.33%), Iron: 0.58mg (3.23%), Vitamin C: 2.66mg (3.22%), Copper: 0.05mg (2.65%), Calcium: 26.25mg (2.63%), Vitamin B5: 0.26mg (2.62%), Fiber: 0.64g (2.54%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.32mg (2.11%), Vitamin A: 88IU (1.76%), Potassium: 56.76mg (1.62%), Magnesium: 6.13mg (1.53%)