



Creamy Coconut Broccoli Risotto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large heads broccoli
- ☐ 1.8 cups coconut milk
- ☐ 2 small chillis fresh green
- ☐ 1 large leek sliced finely
- ☐ 3 tbsp olive oil
- ☐ 9 oz risotto [arborio] rice
- ☐ 3 oz roasted cashews toasted ()
- ☐ 6 servings sea salt and pepper black freshly ground

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2.5 cups wheat and vegetable stock gluten-free

Equipment

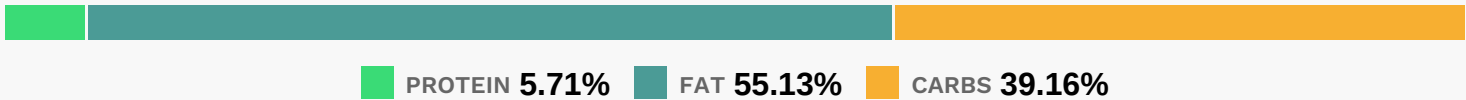
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frying pan

Directions

- ☐ Heat the oil in a wide, flat pan and add the leek and chillis. Fry gently for 8–10 minutes or until they have softened.
- ☐ Add the rice, stir around well and then add the coconut milk and the stock. Stir well and bring to the boil. Simmer briskly for 15–20 minutes or until most of the liquid has been absorbed. Meanwhile, cut the broccoli heads into small florets and steam briskly for 3–5 minutes or until lightly cooked but still slightly crunchy. Season the risotto to taste then gently stir in the pine or cashew nuts (if using) and the broccoli and serve at once.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:29.59, Inflammation Score:-7, Nutrition Score:13.854347809501%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 443.69kcal (22.18%), Fat: 27.91g (42.93%), Saturated Fat: 14.8g (92.5%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 42.18g (15.34%), Sugar: 2.63g (2.92%), Cholesterol: 0mg (0%), Sodium: 456.12mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.01%), Manganese: 1.15mg (57.46%), Folate: 126.96µg (31.74%), Iron: 5.19mg (28.82%), Copper: 0.57mg (28.51%), Magnesium: 81.35mg (20.34%), Vitamin B1: 0.29mg (19.49%), Phosphorus: 178.7mg (17.87%), Vitamin K: 16.61µg (15.82%), Vitamin B3: 2.43mg (12.15%), Selenium: 8.24µg (11.77%), Zinc: 1.65mg (11.01%), Fiber: 2.41g (9.65%), Vitamin A: 458.46IU (9.17%), Vitamin E: 1.28mg (8.52%), Vitamin B5: 0.84mg (8.45%), Potassium: 286.57mg (8.19%), Vitamin B6: 0.16mg (8.14%), Vitamin C: 4.54mg (5.5%), Vitamin B2: 0.05mg (3.16%), Calcium: 28.94mg (2.89%)