



Creamy Corn and Garlic Risotto

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 12 oz corn frozen
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup mozzarella cheese shredded
- ☐ 3.8 cups vegetable stock

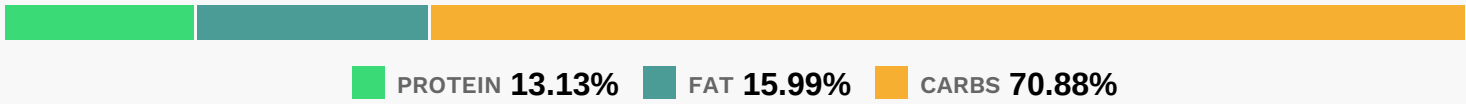
Equipment

☐ frying pan

Directions

- ☐ Heat 1/3 cup of the broth to boiling in 10-inch skillet. Cook garlic in broth 1 minute, stirring occasionally.
- ☐ Stir in rice and corn. Cook 1 minute, stirring occasionally.
- ☐ Stir in remaining broth.
- ☐ Heat to boiling; reduce heat to medium. Continue cooking uncovered 15 to 20 minutes, stirring occasionally, until rice is tender and creamy; remove from heat. Stir in cheeses and parsley.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:32.94, Inflammation Score:-8, Nutrition Score:17.101304196793%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 359.81kcal (17.99%), Fat: 6.55g (10.08%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 65.37g (21.79%), Net Carbohydrates: 61.4g (22.33%), Sugar: 2.04g (2.27%), Cholesterol: 18.25mg (6.08%), Sodium: 1165.88mg (50.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Vitamin K: 61.98µg (59.03%), Folate: 156.71µg (39.18%), Manganese: 0.72mg (36.12%), Vitamin B1: 0.39mg (25.7%), Phosphorus: 240.55mg (24.05%), Selenium: 14.62µg (20.89%), Vitamin A: 960.06IU (19.2%), Vitamin B3: 3.58mg (17.88%), Calcium: 173.14mg (17.31%), Iron: 3.07mg (17.08%), Fiber: 3.97g (15.87%), Vitamin C: 12.05mg (14.6%), Vitamin B6: 0.29mg (14.59%), Zinc: 2.03mg (13.56%), Magnesium: 47.58mg (11.9%), Vitamin B2: 0.18mg (10.32%), Potassium: 350.94mg (10.03%), Vitamin B5: 0.98mg (9.79%), Copper: 0.17mg (8.45%), Vitamin B12: 0.38µg (6.36%)