



Creamy Corn Risotto



Vegetarian



Gluten Free

READY IN



54 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arborio rice medium-grain uncooked
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 2.5 cups chicken stock see unsalted
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 cups corn kernels fresh (6 ears)
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup green onions sliced

- ☐ 1.8 cups milk 1% low-fat
- ☐ 0.5 cup onion chopped
- ☐ 1 large bell pepper red
- ☐ 1 teaspoon salt

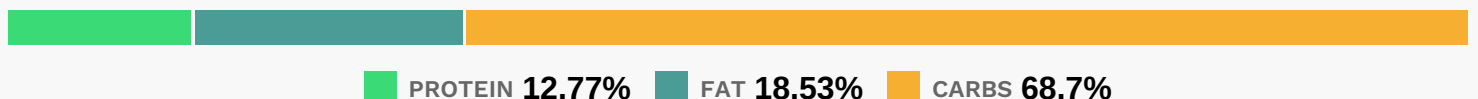
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Wrap peppers in foil; let stand 5 minutes. Peel and chop.
- ☐ Combine corn, milk, and 1 tablespoon butter in a saucepan. Bring to a simmer; cook 10 minutes. Stir in stock; keep warm over low heat.
- ☐ Melt remaining 1 tablespoon butter in a large saucepan over medium-high heat; swirl to coat.
- ☐ Add onion and garlic to pan; saut 3 minutes. Stir in rice, salt, and black pepper; saut 2 minutes, stirring constantly. Stir in wine; cook 30 seconds or until liquid almost evaporates, scraping pan to loosen browned bits. Reduce heat to medium. Stir in 1 1/2 cups corn mixture; cook 3 minutes or until liquid is nearly absorbed, stirring constantly. Reserve 1/2 cup corn mixture.
- ☐ Add remaining corn mixture, 1 cup at a time, stirring frequently until each portion of corn mixture is absorbed before adding the next (about 20 minutes total).
- ☐ Remove pan from heat; stir in 1/2 cup corn mixture, bell pepper, and green onions.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:25.61, Inflammation Score:-9, Nutrition Score:19.096956709157%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 348.99kcal (17.45%), Fat: 7.28g (11.19%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 60.7g (20.23%), Net Carbohydrates: 56.54g (20.56%), Sugar: 13.06g (14.52%), Cholesterol: 16.48mg (5.49%), Sodium: 606.02mg (26.35%), Alcohol: 1.03g (100%), Alcohol %: 0.35% (100%), Protein: 11.29g (22.57%), Vitamin C: 44.63mg (54.09%), Folate: 158.83µg (39.71%), Manganese: 0.7mg (35.08%), Vitamin B1: 0.48mg (31.7%), Vitamin A: 1376.37IU (27.53%), Vitamin B3: 5.34mg (26.7%), Phosphorus: 240.42mg (24.04%), Vitamin K: 20.13µg (19.17%), Vitamin B6: 0.38mg (18.94%), Potassium: 622.29mg (17.78%), Vitamin B2: 0.29mg (17.16%), Fiber: 4.16g (16.64%), Magnesium: 65.3mg (16.32%), Vitamin B5: 1.58mg (15.79%), Iron: 2.73mg (15.17%), Selenium: 10.54µg (15.06%), Calcium: 109.37mg (10.94%), Copper: 0.21mg (10.73%), Zinc: 1.47mg (9.8%), Vitamin B12: 0.43µg (7.13%), Vitamin D: 0.76µg (5.05%), Vitamin E: 0.7mg (4.7%)