



Creamy Parmesan Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 0.3 tablespoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cooking wine dry white such as pinot blanc or sauvignon blanc
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 medium onion finely chopped

- ☐ 0.5 cup parmesan freshly grated plus more for serving
- ☐ 4 tablespoons butter unsalted

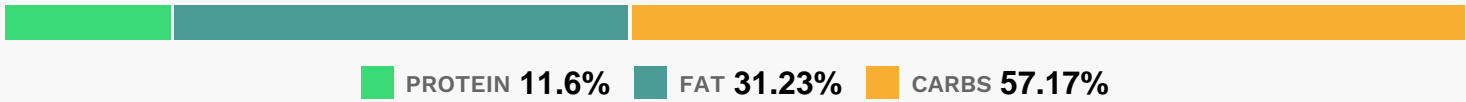
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ wooden spoon

Directions

- ☐ In a medium saucepan, bring the broth to a simmer and keep warm over low heat. In a separate medium saucepan, melt 2 tablespoons of the butter over medium heat.
- ☐ Add the onion and garlic and cook, stirring with a wooden spoon, until the onion is transparent, about 5 minutes.
- ☐ Add the rice and cook, stirring, until it is well coated with the butter and starts to turn translucent, about 2 minutes.
- ☐ Add the wine and simmer gently until all the liquid is absorbed, 3 to 5 minutes. Ladle 1/2 cup of the warm broth into the rice mixture and simmer, stirring occasionally, until the broth is absorbed. Repeat, adding 1/2 cup of broth at a time, until the rice is cooked through but still firm, 20 to 25 minutes total.
- ☐ Add the remaining butter and the salt, pepper, and 1/2 cup of Parmesan. Stir to incorporate. Adjust seasoning with more salt to taste.
- ☐ Serve immediately, topping with additional Parmesan.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:47.76, Inflammation Score:-8, Nutrition Score:14.379565264868%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 507.36kcal (25.37%), Fat: 16.08g (24.74%), Saturated Fat: 9.68g (60.52%), Carbohydrates: 66.24g (22.08%), Net Carbohydrates: 63.53g (23.1%), Sugar: 1.52g (1.68%), Cholesterol: 38.6mg (12.87%), Sodium: 547.65mg (23.81%), Alcohol: 6.2g (100%), Alcohol %: 2.14% (100%), Protein: 13.45g (26.89%), Folate: 179.88µg (44.97%), Manganese: 0.89mg (44.67%), Vitamin B1: 0.44mg (29.6%), Vitamin B3: 5.59mg (27.96%), Phosphorus: 224.37mg (22.44%), Iron: 3.77mg (20.95%), Selenium: 14.55µg (20.78%), Calcium: 170.77mg (17.08%), Copper: 0.27mg (13.69%), Fiber: 2.71g (10.84%), Vitamin B5: 1.08mg (10.83%), Vitamin B6: 0.2mg (10.08%), Zinc: 1.42mg (9.47%), Vitamin A: 450.84IU (9.02%), Vitamin B2: 0.14mg (8.5%), Potassium: 273.94mg (7.83%), Magnesium: 28.6mg (7.15%), Vitamin B12: 0.35µg (5.85%), Vitamin C: 2.27mg (2.75%), Vitamin E: 0.36mg (2.42%), Vitamin K: 2.13µg (2.03%), Vitamin D: 0.27µg (1.82%)