



Creamy Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons olive oil
- 1 small onion finely chopped
- 1.5 cups arborio rice
- 0.8 cup wine dry white
- 4.5 cups chicken broth canned reduced-sodium
- 0.8 cup parmesan cheese grated
- 2 tablespoons butter

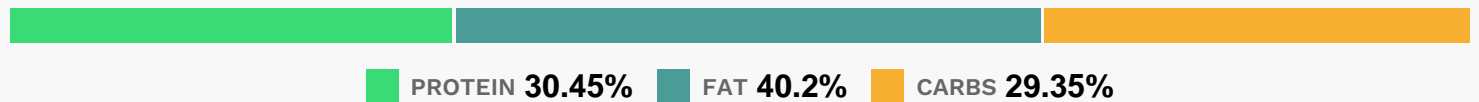
Equipment

- frying pan
- sauce pan

Directions

- In a medium saucepan, heat oil over medium heat.
- Saute onion until tender, about 5 minutes.
- Add rice; cook, stirring until well coated, 1 to 2 minutes.
- Add wine; cook, stirring until absorbed, about 1 minute. Season with salt. Gently heat broth; keep warm.
- Add about 1 cup of warm broth. Cook, stirring frequently, until absorbed. Continue adding broth, 1 cup at a time, stirring until most of the liquid has been absorbed, about 25 minutes total. The rice should be tender (but not mushy) and suspended in liquid with the consistency of heavy cream.
- Remove pan from heat. Stir in Parmesan and butter; season with salt and pepper.
- Serve immediately (risotto will continue to thicken as it sits).
- Garnish with thyme leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:31.66, Inflammation Score:-7, Nutrition Score:17.993043350137%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 640.67kcal (32.03%), Fat: 27.01g (41.55%), Saturated Fat: 8.84g (55.23%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 42.78g (15.56%), Sugar: 0.79g (0.88%), Cholesterol: 97.78mg (32.59%), Sodium: 992.44mg (43.15%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 46.04g (92.08%), Selenium: 40.35µg (57.64%), Phosphorus: 371.89mg (37.19%), Zinc: 4.99mg (33.3%), Folate: 121.98µg (30.5%), Vitamin B3: 5.8mg (29.02%), Manganese: 0.58mg (28.96%), Vitamin B12: 1.71µg (28.57%), Iron: 4.32mg (23.98%), Vitamin B6: 0.42mg (20.84%), Vitamin B1: 0.29mg (19.53%), Calcium: 140.1mg (14.01%), Vitamin B2: 0.23mg (13.54%), Magnesium: 49.35mg (12.34%), Vitamin E: 1.67mg (11.16%), Vitamin A: 497.12IU (9.94%), Copper: 0.19mg (9.63%), Potassium: 335.76mg (9.59%), Vitamin K: 8.46µg (8.05%), Vitamin B5: 0.72mg (7.17%), Fiber: 1.6g (6.39%), Vitamin D: 0.22µg (1.44%), Vitamin C: 0.86mg (1.05%)