



Creamy Roasted Garlic and Chives Risotto

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups arborio rice
- 4 leaves basil fresh sweet
- 1 tablespoon butter
- 4 cups chicken broth
- 0.3 cup cooking wine dry white
- 2 tablespoons chives fresh chopped
- 3 cloves garlic minced
- 0.3 cup gorgonzola cheese crumbled

- 0.3 cup half-and-half
- 4 cloves roasted garlic mashed
- 1 shallots finely chopped
- 3 tablespoons vegetable oil

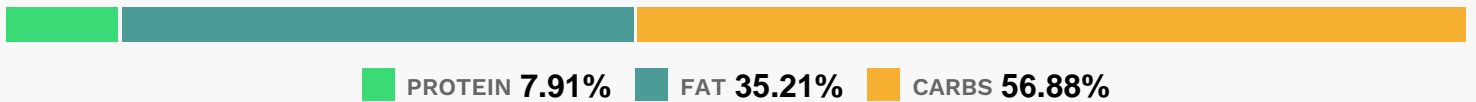
Equipment

- sauce pan
- pot

Directions

- Combine chicken broth, chives, roasted garlic, and basil in a saucepan; bring to a boil. Reduce heat and simmer.
- Heat vegetable oil and butter in a separate pot over medium heat; cook and stir shallot and garlic in the hot oil-butter mixture until shallot is softened, about 5 minutes.
- Add rice to shallot mixture; increase heat to medium-high. Cook and stir until rice is fragrant, about 2 minutes.
- Add wine, reduce heat to low, and simmer until wine is absorbed, about 5 minutes.
- Stir simmering broth mixture, 1/2 cup at a time, into rice mixture and continue to simmer until rice absorbs liquid; repeat, adding 1/2 cup of broth at a time, until all the broth is absorbed and rice is tender, 20 to 25 minutes. Stir half-and-half into risotto; fold in Gorgonzola cheese until melted.

Nutrition Facts



Properties

Glycemic Index:63.17, Glycemic Load:31.88, Inflammation Score:-5, Nutrition Score:9.7447826253331%

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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 311.86kcal (15.59%), Fat: 11.82g (18.19%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 41.34g (15.03%), Sugar: 1.59g (1.77%), Cholesterol: 15.21mg (5.07%), Sodium: 658.67mg (28.64%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 5.97g (11.95%), Manganese: 0.68mg (34.05%), Folate: 120.47µg (30.12%), Vitamin B1: 0.33mg (22.05%), Vitamin K: 16.56µg (15.77%), Selenium: 9.77µg (13.96%), Iron: 2.41mg (13.38%), Vitamin B3: 2.51mg (12.56%), Vitamin B2: 0.16mg (9.55%), Phosphorus: 92.55mg (9.25%), Vitamin B6: 0.16mg (8.15%), Vitamin B5: 0.81mg (8.12%), Copper: 0.15mg (7.43%), Fiber: 1.64g (6.55%), Zinc: 0.9mg (6.03%), Calcium: 54.26mg (5.43%), Vitamin E: 0.72mg (4.8%), Magnesium: 18.59mg (4.65%), Vitamin A: 194.66IU (3.89%), Potassium: 131.12mg (3.75%), Vitamin C: 2.16mg (2.61%), Vitamin B12: 0.11µg (1.87%)