



## Easy Parmesan

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups arborio rice
- 1 teaspoon pepper black freshly ground
- 3 tablespoons butter unsalted diced
- 5 cups simmering chicken stock homemade divided
- 0.5 cup cooking wine dry white
- 2 teaspoons kosher salt
- 1 cup parmesan cheese freshly grated
- 1 cup peas frozen

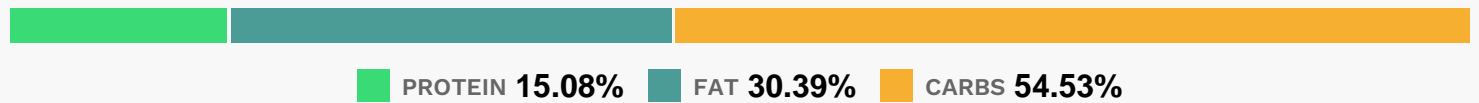
## Equipment

- oven
- dutch oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees.
- Place the rice and 4 cups of the chicken stock in a Dutch oven, such as Le Creuset. Cover and bake for 45 minutes, until most of the liquid is absorbed and the rice is al dente.
- Remove from the oven, add the remaining cup of chicken stock, the Parmesan, wine, butter, salt, and pepper, and stir vigorously for 2 to 3 minutes, until the rice is thick and creamy.
- Add the peas and stir until heated through.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:28.89, Glycemic Load:32.35, Inflammation Score:-7, Nutrition Score:14.93869552405%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 408.17kcal (20.41%), Fat: 13.11g (20.17%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 50.06g (18.2%), Sugar: 4.74g (5.27%), Cholesterol: 35.55mg (11.85%), Sodium: 1356.37mg (58.97%), Alcohol: 2.06g (100%), Alcohol %: 0.82% (100%), Protein: 14.64g (29.28%), Folate: 142.68µg (35.67%), Manganese: 0.7mg (35%), Vitamin B3: 5.76mg (28.81%), Vitamin B1: 0.42mg (28.2%), Selenium: 18.33µg (26.18%), Phosphorus: 239.07mg (23.91%), Vitamin B2: 0.29mg (17.02%), Iron: 3.06mg (17%), Calcium: 166.31mg (16.63%),

Vitamin B6: 0.27mg (13.65%), Copper: 0.27mg (13.46%), Zinc: 1.89mg (12.58%), Vitamin C: 10.07mg (12.2%), Fiber: 2.86g (11.45%), Vitamin A: 511.8IU (10.24%), Potassium: 358.1mg (10.23%), Magnesium: 36.04mg (9.01%), Vitamin B5: 0.74mg (7.44%), Vitamin K: 7.79µg (7.42%), Vitamin B12: 0.24µg (3.95%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.19µg (1.26%)