



Fennel & lemon risotto



Gluten Free



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



499 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large fennel bulb trimmed
- ☐ 1 tbsp butter plus a knob
- ☐ 1 onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 140 g arborio rice
- ☐ 175 ml wine
- ☐ 550 ml vegetable stock hot
- ☐ 1 lemon zest

- ☐ 25 g parmesan grated
- ☐ 1 small handful shrimp cooked peeled per serving

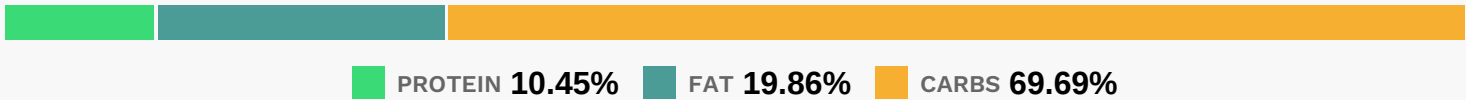
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Chop any green leafy fennel fronds and set aside.
- ☐ Cut off the stalk-like fennel top, remove the outer layers and finely chop both.
- ☐ Heat 1 tbsp butter in a frying pan and cook the onion, garlic and chopped fennel until soft but not coloured.
- ☐ Add the rice and stir for 1 min.
- ☐ Pour over most of the wine and simmer until evaporated.
- ☐ Add 500ml of the hot stock, a ladleful at a time, stirring between each addition until it is absorbed.
- ☐ Meanwhile, slice remaining fennel and fry in knob of butter until browned.
- ☐ Add remaining stock and wine and cook until tender.
- ☐ When the rice is cooked, stir in the zest, Parmesan and some seasoning. Take off the heat and set aside, covered, for 2 mins.
- ☐ Serve in bowls, topped with the fennel fronds and cooked fennel, stirring the prawns through if using.

Nutrition Facts



Properties

Glycemic Index:160.5, Glycemic Load:49.34, Inflammation Score:-9, Nutrition Score:21.903043442446%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 499.29kcal (24.96%), Fat: 9.66g (14.86%), Saturated Fat: 5.93g (37.06%), Carbohydrates: 76.27g (25.42%), Net Carbohydrates: 69.4g (25.24%), Sugar: 10.35g (11.5%), Cholesterol: 24.57mg (8.19%), Sodium: 1407.73mg (61.21%), Alcohol: 9.14g (100%), Alcohol %: 1.84% (100%), Protein: 11.44g (22.88%), Vitamin K: 74.79µg (71.22%), Manganese: 1.15mg (57.6%), Folate: 206.15µg (51.54%), Vitamin B1: 0.45mg (29.8%), Fiber: 6.87g (27.49%), Vitamin C: 22.45mg (27.21%), Phosphorus: 249.11mg (24.91%), Iron: 4.33mg (24.03%), Calcium: 236.83mg (23.68%), Selenium: 14.87µg (21.24%), Vitamin A: 1016.39IU (20.33%), Potassium: 706.24mg (20.18%), Vitamin B3: 3.85mg (19.23%), Vitamin B6: 0.32mg (16.02%), Magnesium: 57.01mg (14.25%), Vitamin B5: 1.36mg (13.63%), Copper: 0.26mg (13.12%), Zinc: 1.59mg (10.57%), Vitamin B2: 0.15mg (8.66%), Vitamin E: 0.89mg (5.94%), Vitamin B12: 0.16µg (2.7%)