



Fontina Risotto Cakes with Fresh Chives

READY IN



45 min.

SERVINGS



10

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice
- ☐ 2 tablespoons butter ()
- ☐ 10 servings canola oil for frying
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 10 servings chives fresh
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cups low-salt chicken broth ()

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 6 tablespoons parmesan cheese grated
- ☐ 10 servings additional parmesan cheese grated

Equipment

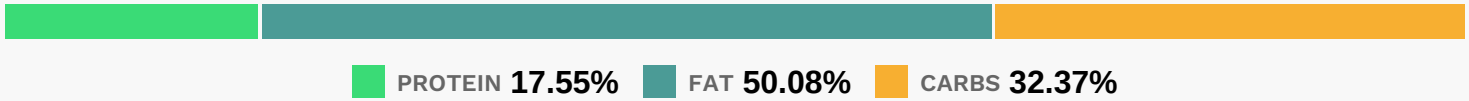
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring 3 cups broth to simmer in small saucepan. Reduce heat to very low; cover and keep warm.
- ☐ Heat olive oil in heavy medium saucepan over medium heat.
- ☐ Add onion; sauté until translucent, about 5 minutes.
- ☐ Add rice; stir 1 minute.
- ☐ Add wine; stir until absorbed, about 30 seconds.
- ☐ Add broth, 1/3 cup at a time, and simmer until rice is just tender and risotto is creamy, allowing broth to be absorbed before adding more, and stirring often, about 18 minutes.
- ☐ Remove from heat.
- ☐ Mix in 6 tablespoons Parmesan and butter. Season generously with salt and pepper.
- ☐ Spread risotto in 13x9x2-inch pan and cool completely.
- ☐ Mix 1/2 cup panko, Fontina cheese, parsley, chopped chives, and 1 egg yolk into risotto. Shape into 1 1/4-inch balls; flatten to 2-inch rounds. Arrange on rimmed baking sheet. (Can be made 2 days ahead. Cover and refrigerate.)
- ☐ Preheat oven to 250°F. Set another rimmed baking sheet in oven. Beat 2 eggs in shallow bowl to blend.

- ☐
- Place 1 cup panko in another shallow bowl. Dip risotto cakes into beaten egg, then into panko to coat.
- ☐
- Pour enough canola oil into large skillet to coat bottom; heat oil over medium-high heat. Working in batches, sauté risotto cakes until crisp and brown, about 2 1/2 minutes per side.
- ☐
- Transfer to baking sheet in oven.
- ☐
- Serve risotto cakes sprinkled with cheese and garnished with chives.
- ☐
- These cakes owe their delicate, crisp coating to panko, which have a coarser, lighter texture than regular dried breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:12.73, Inflammation Score:-6, Nutrition Score:12.931304288947%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 355.72kcal (17.79%), Fat: 19.55g (30.07%), Saturated Fat: 7.89g (49.32%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27.25g (9.91%), Sugar: 1.15g (1.28%), Cholesterol: 90.29mg (30.1%), Sodium: 699.39mg (30.41%), Alcohol: 0.62g (100%), Alcohol %: 0.43% (100%), Protein: 15.41g (30.82%), Calcium: 325.48mg (32.55%), Vitamin K: 31.86µg (30.34%), Selenium: 20.94µg (29.92%), Phosphorus: 296.26mg (29.63%), Folate: 69.99µg (17.5%), Manganese: 0.35mg (17.27%), Vitamin B1: 0.22mg (14.81%), Vitamin B2: 0.24mg (14.25%), Zinc: 2.06mg (13.76%), Vitamin B3: 2.47mg (12.33%), Vitamin A: 603.99IU (12.08%), Vitamin B12: 0.67µg (11.25%), Iron: 1.96mg (10.88%), Vitamin E: 1.3mg (8.65%), Copper: 0.13mg (6.5%), Vitamin B5: 0.64mg (6.43%), Magnesium: 24.64mg (6.16%), Vitamin B6: 0.12mg (5.86%), Potassium: 198.01mg (5.66%), Fiber: 1.18g (4.7%), Vitamin C: 3.17mg (3.84%), Vitamin D: 0.46µg (3.05%)