



Fontina Risotto with Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



972 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups arborio rice
- 1.3 cups deli-smoked chicken breast diced
- 1 cup cooking wine dry white
- 1 cup coarsely fontina cheese grated plus more for garnish
- 0.3 cup parsley fresh roughly chopped
- 3 sprigs thyme leaves fresh
- 4 servings kosher salt
- 4 cups chicken broth low-sodium

- 1 medium onion finely chopped
- 1 cup parmigiano-reggiano cheese finely grated
- 4 servings pepper freshly ground
- 5 tablespoons butter unsalted

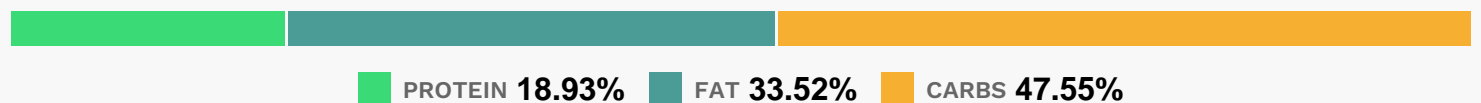
Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- Bring the broth and 4 cups water to a simmer in a saucepan; keep warm.
- Meanwhile, melt 4 tablespoons butter in a pot over medium-high heat.
- Add the onion; cook until translucent, about 4 minutes.
- Add the rice and thyme; cook, stirring, until the rice is glossy, about 1 minute.
- Add the wine and cook, stirring, until the liquid is absorbed.
- Add 1 teaspoon Kosher salt. Ladle in the hot broth, about 1/2 cup at a time, stirring constantly, allowing all of the liquid to be absorbed before adding more. Continue until the rice is just tender, 20 to 25 minutes.
- Remove the thyme. Stir in the parmigiano, the remaining 1 tablespoon butter, 1/2 teaspoon Kosher salt and pepper to taste. Gently stir in the fontina and chicken. Reserve about 2 cups risotto for Risotto Cakes. Divide the rest among bowls; top with parsley and more fontina.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:79.5, Inflammation Score:-10, Nutrition Score:35.299130481222%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 972.12kcal (48.61%), Fat: 34.43g (52.97%), Saturated Fat: 20.46g (127.9%), Carbohydrates: 109.87g (36.62%), Net Carbohydrates: 105.65g (38.42%), Sugar: 3.36g (3.73%), Cholesterol: 130.61mg (43.54%), Sodium: 1700.07mg (73.92%), Alcohol: 6.18g (100%), Alcohol %: 1.3% (100%), Protein: 43.75g (87.5%), Folate: 310.06µg (77.51%), Vitamin B3: 15.36mg (76.79%), Manganese: 1.46mg (73.03%), Phosphorus: 693.34mg (69.33%), Vitamin K: 64.52µg (61.45%), Selenium: 39.43µg (56.32%), Calcium: 523.52mg (52.35%), Vitamin B1: 0.78mg (51.91%), Iron: 6.95mg (38.61%), Vitamin B6: 0.69mg (34.31%), Vitamin B5: 2.68mg (26.84%), Zinc: 4.02mg (26.8%), Vitamin A: 1293.15IU (25.86%), Copper: 0.44mg (22.05%), Vitamin B2: 0.36mg (21.38%), Potassium: 721.9mg (20.63%), Vitamin B12: 1.22µg (20.39%), Magnesium: 78.3mg (19.58%), Fiber: 4.22g (16.89%), Vitamin C: 8.22mg (9.97%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.66µg (4.4%)