



## Francesca's Risi E Bici

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

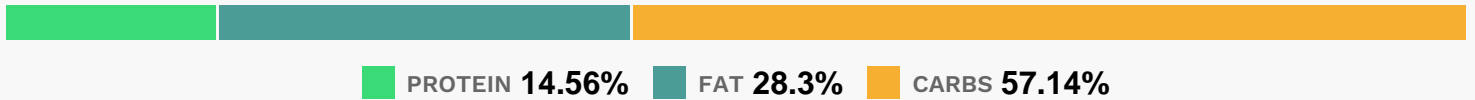
### Ingredients

- 1 cup arborio rice
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- 0.1 teaspoon pepper fresh black
- 4 cups chicken stock see hot
- 0.1 cup crimini mushrooms finely sliced
- 0.5 cup wine dry
- 1 tablespoon olive oil extra virgin
- 0.3 cup fennel bulb fresh chopped

- 2 cups peas fresh frozen thawed ( & )
- 0.3 teaspoon nutmeg freshly ground
- 1 cup parmesan grated
- 0.5 teaspoon saffron threads
- 0.3 teaspoon salt fine
- 0.3 cup onion sweet chopped
- 3 tablespoons butter unsalted

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:77.89, Glycemic Load:43.92, Inflammation Score:-7, Nutrition Score:19.55%

## 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 Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 492.12kcal (24.61%), Fat: 14.82g (22.8%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 62.51g (22.73%), Sugar: 6.13g (6.81%), Cholesterol: 31.18mg (10.39%), Sodium: 600.14mg (26.09%), Alcohol: 2.06g (11.44%), Protein: 17.16g (34.33%), Folate: 197.96µg (49.49%), Manganese: 0.94mg (47.05%), Vitamin B1: 0.57mg (38.26%), Vitamin B3: 6.44mg (32.2%), Phosphorus: 285.36mg (28.54%), Selenium: 18.75µg (26.78%), Vitamin C: 20.42mg (24.75%), Iron: 4.13mg (22.94%), Calcium: 223.51mg (22.35%), Fiber: 4.83g (19.32%), Vitamin B2: 0.3mg (17.79%), Copper: 0.33mg (16.69%), Vitamin B6: 0.33mg (16.55%), Vitamin K: 16.93µg (16.12%), Zinc: 2.08mg (13.87%), Vitamin A: 684.93IU (13.7%), Magnesium: 48.76mg (12.19%), Potassium: 398.51mg (11.39%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 0.67mg (4.46%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.19µg (1.27%)