



Ginger Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arborio rice
- 7 cups chicken stock see
- 1 tablespoon ginger grated
- 1 tablespoon olive oil
- 0.5 cup parmesan cheese freshly grated
- 4 servings salt and pepper to taste
- 2 tablespoons butter unsalted
- 1.5 cups onion diced white finely

1 cup wine

Equipment

frying pan

pot

Directions

Bring the stock to a simmer in a medium pot and keep it at a simmer until the risotto is done.

Heat the oil in a large sauté pan over medium heat.

Add the onion and 1 tablespoon of the ginger and cook, stirring constantly, for 2 to 3 minutes, until the onion is translucent.

Add the rice and stir. Stir in the wine and simmer until the liquid is evaporated. Begin adding stock, one ladleful at a time, stirring constantly until the liquid is absorbed. Continue adding stock until the rice is cooked but still firm and creamy, 30 to 35 minutes.

Turn off the heat.

Add the butter, the remaining 2 teaspoons of ginger, and the Parmesan. Season with salt and pepper and serve immediately.

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Nutrition Facts



PROTEIN 13.85% **FAT 28.39%** **CARBS 57.76%**

Properties

Glycemic Index:34.75, Glycemic Load:48.47, Inflammation Score:-8, Nutrition Score:20.13260872986%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol:

0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 628.05kcal (31.4%), Fat: 18.18g (27.97%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 83.22g (27.74%), Net Carbohydrates: 80.06g (29.11%), Sugar: 9.8g (10.89%), Cholesterol: 38.53mg (12.84%), Sodium: 1020.36mg (44.36%), Alcohol: 6.18g (100%), Alcohol %: 1.22% (100%), Protein: 19.95g (39.9%), Folate: 207.4µg (51.85%), Vitamin B3: 9.88mg (49.4%), Manganese: 0.94mg (47.04%), Vitamin B1: 0.61mg (40.37%), Selenium: 25.38µg (36.26%), Phosphorus: 294.38mg (29.44%), Vitamin B2: 0.46mg (27.31%), Vitamin B6: 0.5mg (24.98%), Iron: 4.43mg (24.62%), Copper: 0.42mg (21.02%), Potassium: 660.22mg (18.86%), Calcium: 146.66mg (14.67%), Zinc: 2.14mg (14.27%), Magnesium: 51.32mg (12.83%), Fiber: 3.15g (12.62%), Vitamin B5: 1.12mg (11.18%), Vitamin C: 5.37mg (6.51%), Vitamin A: 296.86IU (5.94%), Vitamin E: 0.87mg (5.82%), Vitamin K: 4.13µg (3.93%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.17µg (1.12%)