



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 freshly cracked pepper to taste
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups onion diced white finely

☐ 1 cup white wine

Equipment

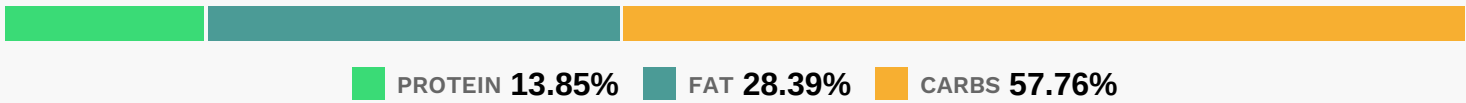
☐ frying pan

☐ 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



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%)