



WHATSheATE



Gluten-Free and Vegan Risotto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice
- ☐ 2 tablespoons basil chopped
- ☐ 1 cups broccoli chopped
- ☐ 6 cups veggie broth
- ☐ 2 tablespoons dairy-free margarine
- ☐ 2 cloves garlic minced
- ☐ 4 servings ground pepper to taste
- ☐ 0.5 cup mushrooms chopped

- ☐ 1 tablespoon nutritional yeast
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes chopped
- ☐ 0.3 onion white chopped
- ☐ 1 cup white wine
- ☐ 2 small zucchini grated

Equipment

- ☐ frying pan

Directions

- ☐ Prep a large pan over med-high heat with oil and margarine. Sauté both onion and garlic until soft and translucent.
- ☐ Add rice and stir constantly until the rice begins to cook. Season with a pinch of salt and pepper, slowly adding 1/2 cup of broth. Continue stirring while the liquid reduces.
- ☐ Add the wine and repeat. Continue to add about 1/2 – 1 cup of liquid at a time, stirring, and letting the liquid reduce each time. When you only have a cup or so of broth left, add the zucchini. Continue to add the remaining liquid and stir until it is absorbed and the rice is cooked through.
- ☐ Remove from heat and stir in nutritional yeast, margarine, sun dried tomatoes, and basil.
- ☐ Let it rest for a couple of minutes before serving.

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:67.52, Inflammation Score:-9, Nutrition Score:26.233478265612%

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 Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 564.7kcal (28.23%), Fat: 9.37g (14.41%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 98.6g (32.87%), Net Carbohydrates: 92.17g (33.52%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 1777.86mg (77.3%), Alcohol: 6.18g (100%), Alcohol %: 1.22% (100%), Protein: 11.35g (22.69%), Manganese: 1.58mg (78.81%), Folate: 273.06µg (68.26%), Vitamin B1: 0.7mg (46.61%), Vitamin C: 36.98mg (44.83%), Vitamin K: 41.49µg (39.51%), Iron: 6.3mg (34.98%), Vitamin B3: 6.29mg (31.45%), Vitamin A: 1446.96IU (28.94%), Potassium: 911.78mg (26.05%), Fiber: 6.43g (25.73%), Selenium: 17.96µg (25.65%), Copper: 0.5mg (25.02%), Vitamin B6: 0.42mg (21.12%), Phosphorus: 207.3mg (20.73%), Vitamin B5: 2.05mg (20.48%), Magnesium: 73.88mg (18.47%), Vitamin B2: 0.26mg (15.18%), Vitamin E: 2.11mg (14.1%), Zinc: 1.83mg (12.17%), Calcium: 50.39mg (5.04%)