



Gluten-Free Red Pepper and Broccoli Risotto

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup onion chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 2 cups bell pepper red chopped
- ☐ 6 ounces mushrooms sliced
- ☐ 1.5 cups arborio rice uncooked
- ☐ 4.3 cups chicken broth (from two 32-ounce cartons)
- ☐ 2 cups cauliflower florets

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 cup parsley fresh chopped

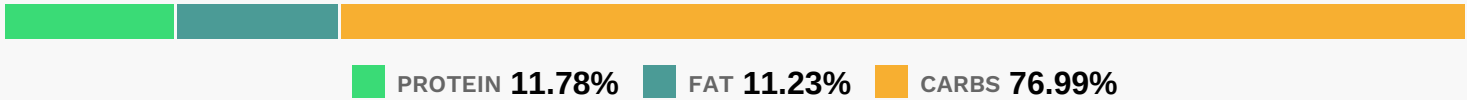
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch nonstick skillet over medium-high heat. Cook onion, garlic, bell peppers and mushrooms in oil 3 to 5 minutes, stirring frequently, until onions are crisp-tender. Stir in rice. Cook 1 minute, stirring constantly.
- ☐ Stir in 1/2 cup of the broth. Cook, stir-ring constantly, until liquid is completely absorbed. Stir in an additional 1/2 cup broth. Continue cooking about 20 minutes, adding broth 1/2 cup at a time after previous additions have been absorbed and stirring constantly, until rice is creamy and just tender; remove from heat. Stir in remaining ingredients.
- ☐ Let stand 1 minute.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:49.83, Inflammation Score:-10, Nutrition Score:30.66782629749%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 382.65kcal (19.13%), Fat: 4.82g (7.41%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 68.34g (24.85%), Sugar: 7.77g (8.63%), Cholesterol: 8.26mg (2.75%), Sodium: 1599.1mg (69.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.75%), Vitamin C: 130.9mg (158.67%), Vitamin K: 97.81µg (93.16%), Folate: 258.76µg (64.69%), Manganese: 1.19mg (59.4%), Vitamin A: 2792.3IU (55.85%), Vitamin B1:

0.61mg (40.37%), Vitamin B3: 6.29mg (31.43%), Vitamin B6: 0.57mg (28.7%), Vitamin B2: 0.48mg (28.21%),
Selenium: 18.6µg (26.57%), Iron: 4.56mg (25.32%), Fiber: 6g (23.99%), Vitamin B5: 2.29mg (22.93%), Phosphorus:
202.04mg (20.2%), Copper: 0.4mg (19.82%), Potassium: 649.02mg (18.54%), Zinc: 1.86mg (12.42%), Magnesium:
48.59mg (12.15%), Vitamin E: 1.57mg (10.48%), Calcium: 84.77mg (8.48%), Vitamin B12: 0.12µg (1.96%)