

Gluten-Free Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion coarsely chopped
- ☐ 0.5 cup wine dry white
- ☐ 1.5 cups rice white uncooked
- ☐ 2 cups chicken broth warmed (from 32-oz carton)
- ☐ 1 cup water
- ☐ 0.3 cup parmesan shredded finely
- ☐ 1 serving pepper freshly ground

☐

1 serving parsley fresh chopped

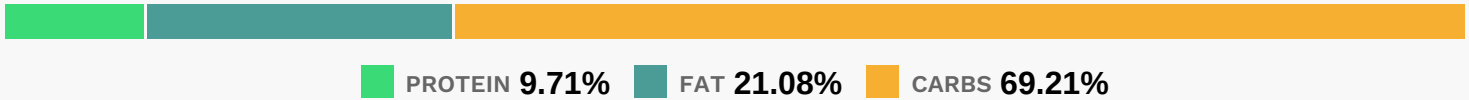
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in 12-inch skillet or 4-quart Dutch oven over medium-high heat. Cook onion in butter, stirring frequently, until tender; reduce heat to medium.
- ☐ Add wine to onion mixture in skillet; cook until liquid has evaporated. Stir in rice. Cook uncovered over medium heat about 5 minutes, stirring frequently, until edges of kernels are translucent.
- ☐ Mix broth and water; pour 1/2 cup broth mixture over rice. Cook uncovered, stirring occasionally, until liquid is absorbed. Repeat with remaining broth mixture, 1/2 cup at a time, until rice is tender and creamy.
- ☐ Sprinkle with cheese, pepper and parsley.

Nutrition Facts



Properties

Glycemic Index:32.36, Glycemic Load:22.65, Inflammation Score:-4, Nutrition Score:5.7121739860462%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 245.41kcal (12.27%), Fat: 5.32g (8.19%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 38.46g (13.99%), Sugar: 1.19g (1.32%), Cholesterol: 4.4mg (1.47%), Sodium: 407.57mg (17.72%), Alcohol: 2.06g (100%), Alcohol %: 1.26% (100%), Protein: 5.51g (11.03%), Manganese: 0.58mg (29.19%), Selenium: 8.32µg (11.89%), Vitamin K: 11.21µg (10.68%), Phosphorus: 94.19mg (9.42%), Calcium: 73.86mg (7.39%), Copper: 0.13mg (6.42%), Vitamin B2: 0.09mg (5.4%), Vitamin B6: 0.11mg (5.34%), Vitamin B5: 0.53mg (5.27%), Vitamin A: 257.55IU (5.15%), Zinc: 0.73mg (4.88%), Vitamin B3: 0.97mg (4.85%), Magnesium: 18.41mg (4.6%), Vitamin B1: 0.06mg (3.91%), Fiber: 0.85g (3.42%), Iron: 0.58mg (3.24%), Potassium: 110.66mg (3.16%), Vitamin C: 1.88mg (2.28%), Folate: 7.79µg (1.95%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.07µg (1.17%)