



## Golden-Pepper Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1.5 cups arborio rice uncooked
- 0.3 teaspoon pepper black
- 0.5 cup cooking wine dry white
- 2 tablespoons parsley fresh minced
- 10.5 ounce low-salt chicken broth canned
- 2 teaspoons butter
- 2 teaspoons olive oil
- 0.5 cup onion minced

- 2 ounces parmesan cheese fresh finely grated
- 0.5 teaspoon salt
- 2.5 cups water
- 4 small bell peppers yellow

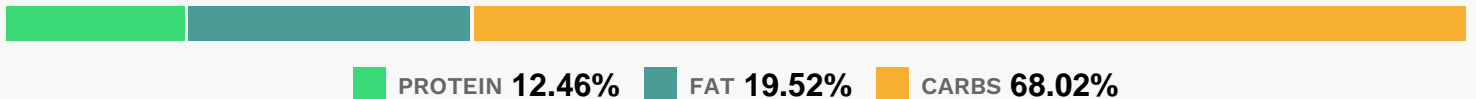
## Equipment

- food processor
- sauce pan
- blender

## Directions

- Place 2 roasted peppers in a food processor or blender, and process until smooth. Chop remaining roasted peppers.
- Bring water and broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat the oil in a large saucepan over medium-high heat.
- Add onion; saut 3 minutes or until tender.
- Add rice; cook 2 minutes, stirring constantly. Stir in wine; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly.
- Add broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in pureed and chopped peppers, and cook 2 minutes, stirring constantly.
- Remove from heat; stir in Parmesan cheese and the remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:31.76, Inflammation Score:-8, Nutrition Score:15.487826033779%

## 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: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

## **Nutrients (% of daily need)**

Calories: 283.49kcal (14.17%), Fat: 5.8g (8.93%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 45.51g (15.17%), Net Carbohydrates: 43.37g (15.77%), Sugar: 0.91g (1.01%), Cholesterol: 6.43mg (2.14%), Sodium: 384.52mg (16.72%), Alcohol: 2.06g (100%), Alcohol %: 0.88% (100%), Protein: 8.34g (16.68%), Vitamin C: 93.29mg (113.08%), Folate: 133.78µg (33.44%), Manganese: 0.63mg (31.6%), Vitamin K: 23.1µg (22%), Vitamin B1: 0.31mg (20.57%), Vitamin B3: 3.26mg (16.28%), Iron: 2.71mg (15.03%), Phosphorus: 148.56mg (14.86%), Selenium: 9.92µg (14.17%), Calcium: 131.46mg (13.15%), Copper: 0.21mg (10.56%), Vitamin B6: 0.21mg (10.48%), Fiber: 2.14g (8.54%), Vitamin B5: 0.8mg (8.02%), Vitamin A: 345.13IU (6.9%), Magnesium: 27.26mg (6.81%), Zinc: 1.02mg (6.77%), Potassium: 236.86mg (6.77%), Vitamin B2: 0.09mg (5.37%), Vitamin B12: 0.16µg (2.74%), Vitamin E: 0.28mg (1.85%)