



## Gorgonzola and Radicchio Risotto

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter divided
- 0.8 cup cooking wine dry white
- 0.3 cup flat-leaf parsley chopped
- 0.3 pound gorgonzola dolce blue (or other mild, creamy cheese)
- 10 cups chicken broth homemade reduced-sodium
- 3 tablespoons olive oil divided
- 1.5 cups onion chopped

- 1 small head radicchio thinly
- 2.5 cups arborio rice
- 0.8 tsp salt

## Equipment

- frying pan
- pot

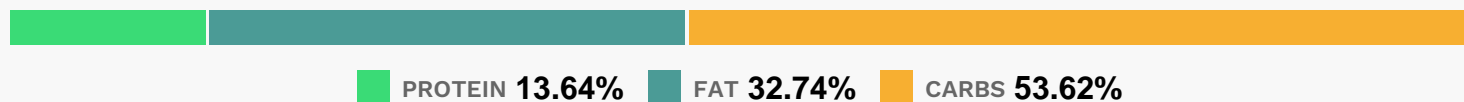
## Directions

- Bring chicken broth to a simmer in a medium pot. Keep at a simmer, covered, over low heat.
- Heat 2 tbsp. olive oil and 2 tbsp. butter over medium heat in a heavy-bottomed 8-qt. pot.
- Add onion and saut, stirring occasionally, until translucent and beginning to turn golden, about 10 minutes.
- Add rice and saut, stirring constantly, until just the edges of the grains look translucent, about 3 minutes.
- Add wine and 1/2 tsp. salt and cook, stirring, until wine is completely absorbed by rice.
- Add about 1/2 cup hot broth to rice and cook, stirring constantly, until broth is completely absorbed by rice; reduce heat to medium-low if mixture starts to boil. Continue adding broth 1/2 cup at a time, stirring until each addition is absorbed before adding the next, until rice is just tender to the bite (15 to 30 minutes; you will have broth left over). Keep rice at a constant simmer. While rice is cooking, cut radicchio into shreds.
- Heat 1 tbsp. olive oil in a large skillet over medium heat and add radicchio and 1/4 tsp. salt. Cook, stirring occasionally, until wilted and tender, 2 to 4 minutes.
- Remove rice from heat and stir in gorgonzola dolce, wilted radicchio, pepper, parsley, remaining 1 tsp. butter, and salt to taste. For a looser risotto, stir in 1 to 2 cups remaining broth.
- Serve immediately.
- \*For a recipe, go to [sunset.com/chickenbroth](https://www.sunset.com/chickenbroth)
- Risotto's characteristic creaminess and chewiness come from the rice itself, and risotto rice is no ordinary rice. It contains two different starches: an amylopectin exterior, which softens faster--especially under the pressure of constant stirring--to create a creamy sensation in the mouth; and an amylose interior, which stays relatively firm during cooking to give you that

al dente bite.

- Arborio is the starchiest of the three popular risotto types, and it's the most prone to getting gummy as it cooks; inside, the grains tend to be chalky and crumbly. Widely available.
- Our favorite, Carnaroli has longer, narrow grains that cook the most evenly and have the best texture--creamy without being gluey, and a good chewy interior. Find at Whole Foods Markets, A.G. Ferrari Foods (agferrari.com), and gourmet grocery stores.
- Vialone Nano grains are smaller, oval-shaped, and produce a delicate risotto with a nutty flavor. Find at A.G. Ferrari Foods (see above) and specialty stores.
- Surprise: Sushi rice. Medium-grain Nishiki brand is creamy and chewy, and so much like Arborio that half our tasting panel couldn't tell the difference. Plus, it costs less than any Italian risotto rice.

## Nutrition Facts



## Properties

Glycemic Index:33.13, Glycemic Load:39.99, Inflammation Score:-7, Nutrition Score:18.560434833817%

## Flavonoids

Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg, Cyanidin: 23.81mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 7.15mg, Luteolin: 7.15mg, Luteolin: 7.15mg, Luteolin: 7.15mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

## Nutrients (% of daily need)

Calories: 444.92kcal (22.25%), Fat: 15.7g (24.16%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 57.88g (19.29%), Net Carbohydrates: 55.36g (20.13%), Sugar: 2.1g (2.33%), Cholesterol: 21.7mg (7.23%), Sodium: 554.62mg (24.11%), Alcohol: 2.32g (100%), Alcohol %: 0.64% (100%), Protein: 14.72g (29.44%), Vitamin K: 82.84µg (78.89%), Folate: 171.33µg (42.83%), Manganese: 0.76mg (38.01%), Vitamin B3: 6.94mg (34.7%), Vitamin B1: 0.38mg (25.23%), Phosphorus: 243.39mg (24.34%), Iron: 3.71mg (20.63%), Copper: 0.37mg (18.52%), Selenium: 12.56µg (17.95%), Potassium: 478.97mg (13.68%), Calcium: 130.12mg (13.01%), Vitamin B5: 1.24mg (12.42%), Vitamin B2: 0.21mg

(12.39%), Vitamin B6: 0.23mg (11.39%), Zinc: 1.7mg (11.36%), Fiber: 2.52g (10.09%), Vitamin E: 1.33mg (8.86%), Vitamin B12: 0.53µg (8.86%), Vitamin A: 395.97IU (7.92%), Magnesium: 30.59mg (7.65%), Vitamin C: 6.21mg (7.53%)