



## Ground Beef Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.3 cup onion chopped
- 2 cloves garlic finely chopped
- 0.3 teaspoon pepper
- 1 cup rice long-grain white uncooked
- 3.5 cups beef broth flavored (from 32-oz carton)
- 0.5 cup carrots shredded
- 0.5 cup parmesan fresh shredded

3 tablespoons chives fresh chopped

## Equipment

frying pan

## Directions

In 12-inch nonstick skillet, cook beef, onion, garlic and pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain if desired. Stir in rice; cook 2 minutes, stirring constantly.

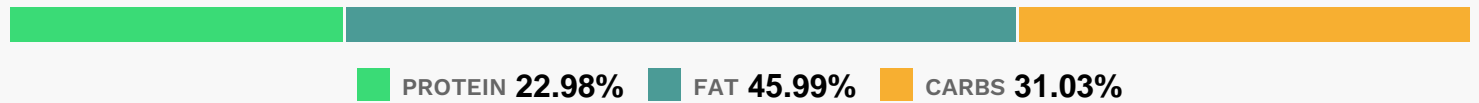
Stir in broth; heat to boiling. Reduce heat to medium-low. Cover; simmer 10 minutes.

Stir in carrot. Cook uncovered 5 to 7 minutes longer or until liquid is absorbed.

Remove skillet from heat. Stir in cheese. Cover; let stand 3 minutes.

Sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:67.25, Glycemic Load:23.25, Inflammation Score:-9, Nutrition Score:19.752174061278%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 534.33kcal (26.72%), Fat: 26.75g (41.16%), Saturated Fat: 11.08g (69.26%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 39.27g (14.28%), Sugar: 1.4g (1.55%), Cholesterol: 89.01mg (29.67%), Sodium: 1071.53mg (46.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.14%), Vitamin A: 2869.55IU (57.39%), Vitamin B12: 2.72µg (45.4%), Selenium: 28.58µg (40.83%), Zinc: 5.67mg (37.83%), Vitamin B3: 7.4mg (37%), Phosphorus: 358.7mg (35.87%), Manganese: 0.62mg (31.16%), Vitamin B6: 0.53mg (26.53%), Calcium: 206.88mg (20.69%), Iron: 3.17mg (17.62%), Vitamin B2: 0.29mg (17.21%), Potassium: 564.4mg (16.13%), Vitamin B5: 1.21mg (12.11%), Magnesium: 44.99mg (11.25%), Copper: 0.2mg (9.79%), Vitamin K: 9.47µg (9.02%), Vitamin B1: 0.11mg (7.35%), Folate: 24.08µg (6.02%), Fiber: 1.34g (5.35%), Vitamin E: 0.66mg (4.39%), Vitamin C: 3.46mg (4.19%),

Vitamin D: 0.18µg (1.17%)