



Italian Chicken Sausage Risotto

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups arborio rice
- 1 cup chardonnay dry white
- 16 ounce al fresco® all natural chicken sausage sweet italian
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon garlic fresh minced
- 0.3 teaspoon ground pepper black
- 3.5 cups chicken broth low-sodium
- 1 tablespoon olive oil

- 0.3 cup parmesan cheese grated
- 1 cup peas sweet frozen
- 1 cup onion sweet chopped

Equipment

- sauce pan
- dutch oven

Directions

- In a heavy, large Dutch oven or saucepan, heat oil over medium heat.
- Saute sausage and onion until onion is translucent, about 3 minutes.
- Add garlic and thyme and cook until garlic is fragrant, about 30 seconds.
- Add rice and wine; stir 1–2 minutes or until wine is absorbed.
- Stir in 3 cups broth. Lower heat to medium–low and simmer, uncovered, until broth is absorbed, stirring occasionally, for about 15 minutes. Continue adding stock, 1/4 cup at a time, stirring until liquid is adsorbed and rice is tender and creamy, about 5 minutes. Stir in peas and 1/4 cup Parmesan; cook 1 minute or until heated throughout. Season with 1/4 teaspoon black pepper.
- Garnish with parsley and additional cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.83, Glycemic Load:40.96, Inflammation Score:-8, Nutrition Score:17.290434876862%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg,

Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 635.84kcal (31.79%), Fat: 23g (35.39%), Saturated Fat: 5.28g (32.97%), Carbohydrates: 68.67g (22.89%), Net Carbohydrates: 64.38g (23.41%), Sugar: 6.3g (7%), Cholesterol: 85.5mg (28.5%), Sodium: 1340.53mg (58.28%), Alcohol: 6.18g (100%), Alcohol %: 1.48% (100%), Protein: 29.87g (59.74%), Manganese: 0.96mg (48.09%), Folate: 178.54µg (44.63%), Vitamin B1: 0.48mg (31.69%), Vitamin B3: 6.3mg (31.51%), Iron: 5.09mg (28.27%), Vitamin C: 18.69mg (22.66%), Phosphorus: 225.21mg (22.52%), Selenium: 12.83µg (18.33%), Fiber: 4.3g (17.18%), Copper: 0.34mg (16.82%), Vitamin B6: 0.3mg (15.09%), Vitamin A: 737.68IU (14.75%), Vitamin K: 13.94µg (13.28%), Potassium: 425.97mg (12.17%), Zinc: 1.77mg (11.8%), Vitamin B2: 0.18mg (10.66%), Magnesium: 41.18mg (10.29%), Calcium: 94.42mg (9.44%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.29µg (4.85%), Vitamin E: 0.6mg (4.02%)