



HEALTH SCORE

57%

Leek, Savoy Cabbage and Walnut Risotto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**775 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 clove garlic finely chopped



2 leeks chopped

4 tablespoons oil good (such as UK made hempseed oil – www.goodwebsite.co.uk)

1 onion finely chopped



400 g risotto rice [a scant lb



0.5 savoy cabbage chopped



1 liter veg stock [roughly 1 quart



100 g walnut halves

☐ 1 glass white wine

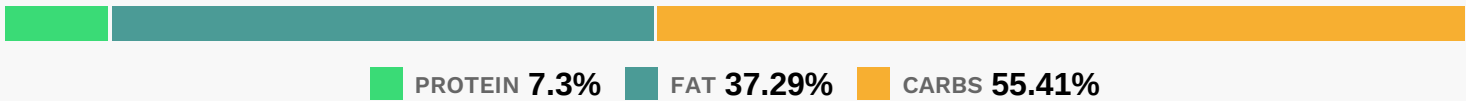
Equipment

☐ frying pan

Directions

- ☐ In a deep, wide pan over a low heat pour in 2 tablespoons of oil and add the onion, garlic and leeks. Sweat gently without colouring for five minutes. Make up the vegetable stock and keep it in a covered pan over a low heat. Keeping the stock warm is one of the crucial factors in making a good risotto.
- ☐ Add the rice to the softened vegetables, combine well then pour in the wine.
- ☐ Let the wine be absorbed by the rice then start adding the stock a ladleful at a time, stirring and letting the rice absorb the stock. The heat should be such that mixture is bubbling gently. When you add the last of the stock also add the cabbage. Stir well adding 2 more tablespoons of oil before serving.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:68.1, Inflammation Score:-10, Nutrition Score:33.39521731501%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 775.16kcal (38.76%), Fat: 30.9g (47.54%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 103.29g (34.43%), Net Carbohydrates: 94.04g (34.2%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 1039.37mg (45.19%),

Alcohol: 6.08g (100%), Alcohol %: 1.22% (100%), Protein: 13.61g (27.22%), Manganese: 2.42mg (121.2%), Folate: 379.82µg (94.95%), Vitamin K: 99.35µg (94.62%), Vitamin C: 42.81mg (51.89%), Vitamin B1: 0.77mg (51.52%), Vitamin A: 2401.36IU (48.03%), Copper: 0.75mg (37.3%), Fiber: 9.25g (36.99%), Iron: 6.57mg (36.51%), Vitamin B6: 0.69mg (34.72%), Magnesium: 115.3mg (28.82%), Phosphorus: 264.07mg (26.41%), Selenium: 18.09µg (25.84%), Vitamin B3: 5.01mg (25.05%), Vitamin B5: 1.77mg (17.67%), Potassium: 610.15mg (17.43%), Zinc: 2.36mg (15.71%), Calcium: 106.12mg (10.61%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 0.78mg (5.21%)