



Lemon Artichoke Risotto

 Gluten Free

READY IN



31 min.

SERVINGS



5

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 14 ounce artichoke hearts rinsed drained coarsely chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 28 ounce vegetable broth canned
- ☐ 1.8 cups water

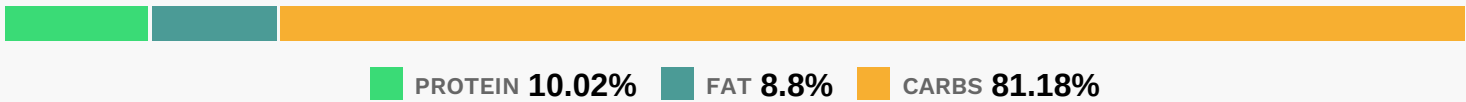
Equipment

- ☐ sauce pan

Directions

- ☐ Bring broth and water to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- ☐ Heat oil in a large saucepan over mediumhigh heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add rice; saut 1 minute. Stir in wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly.
- ☐ Add warm broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 17 minutes total).
- ☐ Remove from heat; stir in artichokes and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:39.8, Glycemic Load:38.73, Inflammation Score:-6, Nutrition Score:9.3586956962295%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.29kcal (14.61%), Fat: 2.6g (4%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 50.89g (18.51%), Sugar: 2.27g (2.52%), Cholesterol: 3.86mg (1.29%), Sodium: 1026.78mg (44.64%),

Alcohol: 2.47g (100%), Alcohol %: 0.76% (100%), Protein: 6.65g (13.3%), Folate: 139.35µg (34.84%), Manganese: 0.67mg (33.66%), Vitamin B1: 0.35mg (23.02%), Selenium: 10.55µg (15.08%), Iron: 2.69mg (14.97%), Vitamin B3: 2.53mg (12.65%), Fiber: 3g (12.02%), Phosphorus: 102.85mg (10.29%), Vitamin A: 412.39IU (8.25%), Vitamin B5: 0.82mg (8.18%), Calcium: 76.62mg (7.66%), Copper: 0.15mg (7.35%), Vitamin B6: 0.14mg (6.87%), Zinc: 0.87mg (5.81%), Magnesium: 20.03mg (5.01%), Vitamin B2: 0.05mg (3.16%), Potassium: 75.27mg (2.15%), Vitamin B12: 0.07µg (1.13%), Vitamin E: 0.17mg (1.12%), Vitamin C: 0.89mg (1.08%)