



Lemon-Basil Risotto with Tomato Topping

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups arborio rice
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup wine dry white
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 4 cups fat-skimmed beef broth fat-free

- ☐ 0.3 cup basil fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.1 teaspoon nutmeg
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup onion chopped
- ☐ 4 ounces parmesan fresh grated
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 Dash sugar
- ☐ 1.5 cups tomatoes seeded chopped

Equipment

- ☐ pressure cooker

Directions

- ☐ To prepare topping, combine first 8 ingredients. Cover and let stand at room temperature.
- ☐ To prepare risotto, melt butter in a 6-quart pressure cooker over medium heat.
- ☐ Add onion; cook 2 minutes, stirring frequently.
- ☐ Add rice and garlic; cook 2 minutes, stirring constantly.
- ☐ Add wine; cook 1 minute or until liquid is absorbed, stirring frequently. Stir in broth, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and nutmeg. Close lid securely, and bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 6 minutes.
- ☐ Remove from heat; place cooker under cold running water.
- ☐ Remove lid. Stir in cheese, rind, juice, and basil. Top with tomato topping.

Nutrition Facts



Properties

Glycemic Index:104.18, Glycemic Load:32.82, Inflammation Score:-8, Nutrition Score:13.893913087638%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 341.53kcal (17.08%), Fat: 10.35g (15.93%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 43.86g (15.95%), Sugar: 3.26g (3.62%), Cholesterol: 22.89mg (7.63%), Sodium: 1158.66mg (50.38%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 11.7g (23.4%), Manganese: 0.69mg (34.62%), Folate: 133.16µg (33.29%), Calcium: 251.77mg (25.18%), Vitamin B1: 0.33mg (22.25%), Selenium: 15.52µg (22.18%), Phosphorus: 221.02mg (22.1%), Vitamin B3: 3.28mg (16.38%), Iron: 2.83mg (15.72%), Vitamin A: 691.33IU (13.83%), Vitamin C: 11.34mg (13.74%), Vitamin K: 14.32µg (13.64%), Vitamin B6: 0.22mg (10.88%), Vitamin B5: 1.01mg (10.14%), Fiber: 2.52g (10.06%), Copper: 0.19mg (9.36%), Vitamin B12: 0.54µg (8.96%), Zinc: 1.28mg (8.52%), Vitamin B2: 0.14mg (8.44%), Magnesium: 32.67mg (8.17%), Potassium: 269.13mg (7.69%), Vitamin E: 0.57mg (3.78%)