



WHATSheATE



Lemon-Parmesan Risotto



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 oz chicken broth
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil
- ☐ 2 cups rice medium-grain uncooked
- ☐ 0.7 cup wine dry white
- ☐ 0.5 cup parmesan cheese grated

- ☐ 1 tablespoon lemon zest shredded finely
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons parsley fresh finely chopped

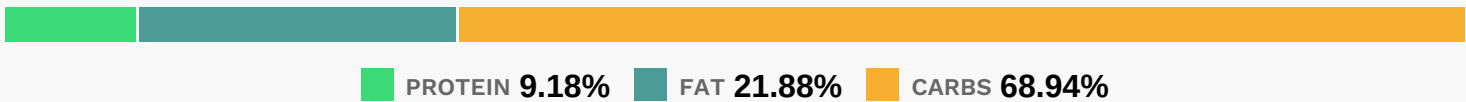
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In 2-quart saucepan, heat broth, water and salt to a simmer over medium-high heat. Reduce heat to low to keep broth warm.
- ☐ In 4- to 5-quart Dutch oven, heat butter and oil over medium heat until butter stops sizzling. Stir in rice until coated and heat, stirring constantly, until kernels are slightly translucent around edges.
- ☐ Add wine and heat 3 minutes longer, stirring constantly, until rice absorbs liquid.
- ☐ Reduce heat to medium-low and stir well.
- ☐ Add 1 cup broth (a 1/2-cup ladle works well for adding the broth) to rice so there is just enough to barely cover the rice. Continue cooking and stirring about 5 minutes or until rice has absorbed most of the broth.
- ☐ Add another 1 cup broth and cook about 5 minutes longer, stirring constantly, until broth is almost absorbed. Repeat twice, adding 1 cup broth each time and cooking until broth is almost absorbed and rice is al dente (firm to the bite) and creamy. Stir in cheese, lemon peel and lemon juice.
- ☐ Remove from heat and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:37.12, Inflammation Score:-6, Nutrition Score:10.333478422916%

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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 302.95kcal (15.15%), Fat: 6.9g (10.61%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 47.15g (17.15%), Sugar: 0.77g (0.86%), Cholesterol: 15.23mg (5.08%), Sodium: 701.66mg (30.51%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 6.51g (13.02%), Folate: 139.3µg (34.83%), Manganese: 0.7mg (34.82%), Vitamin B1: 0.36mg (24.17%), Vitamin K: 17.88µg (17.03%), Selenium: 11.64µg (16.62%), Iron: 2.74mg (15.25%), Vitamin B3: 2.73mg (13.63%), Phosphorus: 105.61mg (10.56%), Vitamin B5: 0.81mg (8.13%), Copper: 0.15mg (7.59%), Vitamin B2: 0.12mg (7.23%), Fiber: 1.77g (7.1%), Zinc: 1.04mg (6.96%), Calcium: 67.69mg (6.77%), Vitamin B6: 0.12mg (5.97%), Magnesium: 20.02mg (5%), Vitamin A: 228.52IU (4.57%), Vitamin C: 3.02mg (3.66%), Potassium: 100.62mg (2.87%), Vitamin E: 0.42mg (2.82%), Vitamin B12: 0.11µg (1.88%)