

Lemon Risotto

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



960 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 rib celery
- 1 egg yolk
- 4 tablespoons heavy cream
- 0.5 lemon zest juiced
- 1 tablespoon olive oil
- 4 tablespoons parmesan grated plus more, for garnish
- 2 servings grating pepper white black good
- 2 small sprigs needles from rosemary fresh finely chopped

- 2 shallots
- 0.3 cup butter unsalted
- 1 quart approximately vegetable stock
- 2 servings maldon to taste
- 1.3 cups vialone nano

Equipment

- food processor
- bowl
- sauce pan

Directions

- Put the shallots and celery into a mini food processor and blitz until they are finely chopped.
- Heat half the butter, the oil and the shallot and celery mixture in a wide saucepan, and cook to soften the mixture for about 5 minutes, making sure it doesn't stick.
- Mix in the rice, stirring to give it a good coating of oil and butter. Meanwhile, heat the stock in another saucepan and keep it at the simmering point.
- Put a ladleful of the stock into the rice and keep stirring until the stock is absorbed. Then add another ladleful and stir again. Continue doing this until the rice is al dente. You may not need all of the stock, equally, you may need to add hot water from the kettle.
- Mix the lemon zest and the rosemary into the risotto, and in a small bowl beat the egg yolk, lemon juice, Parmesan, cream and pepper.
- When the risotto is ready – when the rice is no longer chalky, but still has some bite – take it off the heat and add the bowl of egg, lemony mixture, and the remaining butter and salt, to taste.
- Serve with more Parmesan if you wish, check the seasoning and dive in.

Nutrition Facts



PROTEIN 6.53% FAT 43.91% CARBS 49.56%

Properties

Glycemic Index:124, Glycemic Load:87.41, Inflammation Score:-10, Nutrition Score:25.809565316076%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 959.57kcal (47.98%), Fat: 46.63g (71.74%), Saturated Fat: 25.17g (157.32%), Carbohydrates: 118.41g (39.47%), Net Carbohydrates: 113.23g (41.17%), Sugar: 7.34g (8.16%), Cholesterol: 198.91mg (66.3%), Sodium: 2283.08mg (99.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.19%), Folate: 340.89µg (85.22%), Manganese: 1.51mg (75.38%), Vitamin B1: 0.8mg (53.4%), Vitamin A: 2487.17IU (49.74%), Selenium: 29µg (41.43%), Iron: 6.47mg (35.96%), Vitamin B3: 5.67mg (28.37%), Phosphorus: 276.17mg (27.62%), Vitamin B5: 2.27mg (22.74%), Fiber: 5.18g (20.71%), Vitamin B6: 0.39mg (19.36%), Calcium: 183.68mg (18.37%), Copper: 0.33mg (16.64%), Vitamin E: 2.27mg (15.1%), Zinc: 2.19mg (14.58%), Vitamin B2: 0.23mg (13.53%), Vitamin K: 13.62µg (12.97%), Magnesium: 46.95mg (11.74%), Vitamin D: 1.44µg (9.61%), Potassium: 301.67mg (8.62%), Vitamin B12: 0.39µg (6.53%), Vitamin C: 4.95mg (6%)