



Lemon Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 teaspoons lemon zest grated
- ☐ 6 cups chicken broth canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3.5 tablespoons butter
- ☐ 3 ounces parmesan cheese freshly grated
- ☐ 2 cups arborio rice medium-grain white
- ☐ 1.5 tablespoons olive oil

- ☐ 0.3 cup wine dry white
- ☐ 2 large shallots chopped

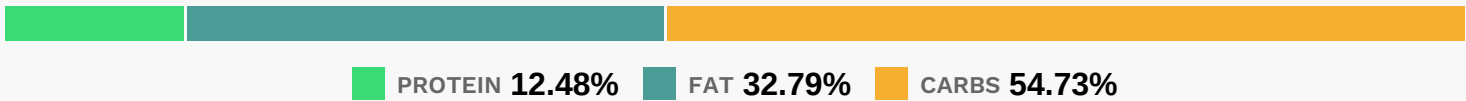
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring broth to simmer in large saucepan over medium heat. Reduce heat to low; cover to keep warm. Melt 1 1/2 tablespoons butter with oil in heavy large saucepan over medium heat.
- ☐ Add shallots and sauté until tender, about 6 minutes.
- ☐ Add rice; stir 1 minute.
- ☐ Add wine and stir until evaporated, about 30 seconds.
- ☐ Add 1 1/2 cups hot broth; simmer until absorbed, stirring frequently.
- ☐ Add remaining broth 1/2 cup at a time, allowing broth to be absorbed before adding more and stirring frequently until rice is creamy and tender, about 35 minutes. Stir in cheese and remaining 2 tablespoons butter. Stir in parsley, lemon juice, and lemon peel. Season risotto with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:42.13, Inflammation Score:-7, Nutrition Score:15.020434741093%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 442kcal (22.1%), Fat: 15.89g (24.45%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 57.33g (20.85%), Sugar: 1.27g (1.41%), Cholesterol: 29.89mg (9.96%), Sodium: 374.48mg (16.28%), Alcohol: 1.03g (100%), Alcohol %: 0.37% (100%), Protein: 13.61g (27.22%), Folate: 161.23µg (40.31%), Manganese: 0.74mg (37.11%), Vitamin B3: 6.04mg (30.22%), Vitamin B1: 0.39mg (25.97%), Vitamin K: 24.89µg (23.71%), Phosphorus: 234.09mg (23.41%), Selenium: 15.24µg (21.76%), Iron: 3.63mg (20.14%), Calcium: 146.65mg (14.66%), Copper: 0.28mg (13.89%), Zinc: 1.66mg (11.04%), Vitamin B5: 0.96mg (9.58%), Potassium: 331.31mg (9.47%), Vitamin B2: 0.16mg (9.46%), Vitamin B6: 0.19mg (9.44%), Fiber: 2.33g (9.33%), Vitamin A: 440.32IU (8.81%), Vitamin C: 6.09mg (7.39%), Vitamin B12: 0.44µg (7.35%), Magnesium: 26.73mg (6.68%), Vitamin E: 0.79mg (5.27%)