



## Lemon Risotto with Tempenh

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup arborio rice
- 1.5 tablespoons butter
- 0.5 cup wine dry white
- 4 cups fat-skimmed beef broth fat-free
- 0.5 cup parsley fresh chopped
- 0.3 cup spring onion thinly sliced
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest grated

- 1 tablespoon olive oil
- 2 ounces parmesan grated
- 0.3 cup shallots finely chopped
- 4 ounces tempeh cut into 1/4-inch cubes

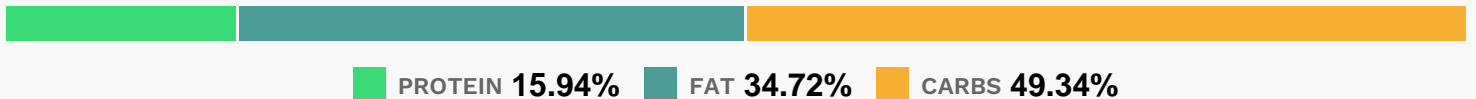
## Equipment

- frying pan
- sauce pan

## Directions

- Heat a medium nonstick skillet coated with cooking spray over medium-high heat.
- Add tempeh; saut 4 minutes or until golden brown.
- Remove from pan; cool slightly.
- Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.
- Heat butter and oil in a large saucepan over medium-high heat until butter melts.
- Add shallots; saut 2 minutes or until tender.
- Add rice; cook 1 minute, stirring constantly.
- Add wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly. Stir in rind.
- Add broth, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20 minutes total). Stir in parsley and juice.
- Remove from heat; stir in cheese. Top with tempeh and green onions.

## Nutrition Facts



## Properties

Glycemic Index:70.75, Glycemic Load:32.92, Inflammation Score:-8, Nutrition Score:21.355652051127%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 412.56kcal (20.63%), Fat: 15.24g (23.44%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 46.15g (16.78%), Sugar: 2.74g (3.04%), Cholesterol: 20.93mg (6.98%), Sodium: 1201.59mg (52.24%), Alcohol: 3.09g (100%), Alcohol %: 0.98% (100%), Protein: 15.74g (31.47%), Vitamin K: 138.93µg (132.31%), Manganese: 1.03mg (51.52%), Folate: 149.76µg (37.44%), Phosphorus: 272.12mg (27.21%), Calcium: 237.81mg (23.78%), Iron: 4.22mg (23.47%), Vitamin B1: 0.35mg (23.46%), Selenium: 16.11µg (23.02%), Vitamin B3: 4.33mg (21.63%), Vitamin C: 16.92mg (20.51%), Vitamin A: 937.75IU (18.76%), Copper: 0.35mg (17.42%), Vitamin B6: 0.29mg (14.5%), Vitamin B2: 0.24mg (14.4%), Magnesium: 55.82mg (13.95%), Vitamin B5: 1.18mg (11.83%), Potassium: 392.51mg (11.21%), Vitamin B12: 0.66µg (10.93%), Fiber: 2.57g (10.28%), Zinc: 1.54mg (10.26%), Vitamin E: 0.77mg (5.13%)