



Meyer Lemon Risotto



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings kosher salt
- ☐ 6 cups water
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon butter
- ☐ 0.8 cup onion finely chopped ()
- ☐ 2 cups arborio rice
- ☐ 1 cup white wine
- ☐ 1 lemon zest with 1 tbsp and add more to taste) for 1 tbsp of zest, and 3 tbsp of juice (if using regular lemons instead of meyer, you'll need less juice, start

- ☐ 1 tablespoon oregano leaves fresh chopped (can also use mint)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup pinenuts lightly toasted
- ☐ 0.3 cup parmesan finely grated

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot

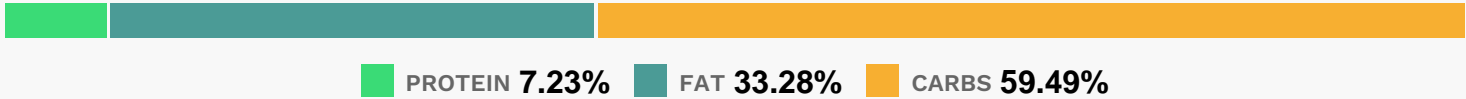
Directions

- ☐ Heat salted water: Put 1 1/2 quarts (6 cups) of water into a pot.
- ☐ Add 1 level tablespoon of kosher salt (or 2 level teaspoons if you are using table salt). Bring to a boil. Lower the heat to warm, cover and keep warm while you make the risotto.
- ☐ Sauté onions: In a large, wide sauté pan, heat olive oil and butter on medium heat.
- ☐ Add the onions and cook until translucent, about 5 minutes.
- ☐ Add the rice. Stir to coat. Cook, stirring, 5–7 minutes, until the rice just barely begins to brown on some of the grains.
- ☐ Add the wine. Stir continuously, a few minutes, until the liquid has been completely absorbed by the rice.
- ☐ Start adding the hot salted water, a ladle at a time: Lower the heat to medium low. Start adding the hot salted water to the rice, one ladleful (about 1/2 cup) at a time. After each addition, stir continuously for a few minutes until the rice has completely absorbed the liquid.
- ☐ Stir enough to keep the rice from sticking to the edge of the pan. Stirring continuously helps extract starch from the rice, to make a creamy sauce for the rice.
- ☐ You'll end up adding a total of about 4 to 5 cups of water, depending on the rice you are using (older rice may need more water).
- ☐ Continue to add water and stir, until the rice is cooked through and just a tiny bit chewy. The whole process should take about 30 minutes or so. Risotto is a labor of love.
- ☐ Stir in 2 Tablespoons of the lemon juice, the lemon zest, chopped oregano, and black pepper, reserving a little bit of lemon zest and oregano to sprinkle on top upon service. Do a taste

test. If the rice needs more seasoning, add more salt and pepper.

- ☐ Add more lemon juice if you want.
- ☐ To serve, sprinkle a little lemon zest and fresh oregano on top, along with a few toasted pine nuts and finely grated Parmesan if using. Use as an accompaniment to fish, shellfish, or lamb.

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:63.55, Inflammation Score:-9, Nutrition Score:20.119565417585%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 622.1kcal (31.1%), Fat: 21.33g (32.82%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 85.79g (28.6%), Net Carbohydrates: 81.59g (29.67%), Sugar: 2.26g (2.51%), Cholesterol: 11.77mg (3.92%), Sodium: 340.09mg (14.79%), Alcohol: 6.18g (100%), Alcohol %: 1.36% (100%), Protein: 10.42g (20.84%), Manganese: 1.97mg (98.44%), Folate: 243.72µg (60.93%), Vitamin B1: 0.62mg (41.17%), Iron: 5.51mg (30.6%), Selenium: 16.87µg (24.11%), Vitamin B3: 4.66mg (23.31%), Phosphorus: 209.32mg (20.93%), Copper: 0.4mg (20.2%), Vitamin K: 19.56µg (18.62%), Vitamin E: 2.63mg (17.53%), Fiber: 4.19g (16.77%), Magnesium: 63.16mg (15.79%), Vitamin B5: 1.42mg (14.23%), Zinc: 2.01mg (13.42%), Vitamin B6: 0.26mg (13.22%), Calcium: 122.94mg (12.29%), Potassium: 237.26mg (6.78%), Vitamin B2: 0.11mg (6.65%), Vitamin A: 161.33IU (3.23%), Vitamin C: 2.45mg (2.97%), Vitamin B12: 0.08µg (1.35%)