



Microwave Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth hot
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 1 cup rice medium grain white uncooked
- ☐ 0.5 cup onion yellow minced
- ☐ 1 pinch ground white black

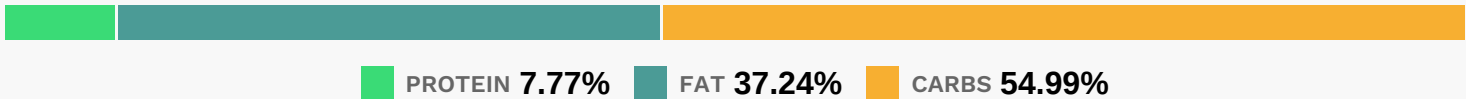
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine the chicken broth, salt and pepper in a saucepan, and bring to a simmer. Keep warm over low heat.
- ☐ In a square baking dish, or glass pie plate, heat the butter and olive oil in the microwave for 2 minutes.
- ☐ Add the onion to the dish, and stir to coat. Cook in the microwave for 4 more minutes.
- ☐ Add the uncooked rice, and stir to coat with oil. Cook for another 4 minutes.
- ☐ Pour the simmering chicken broth into the rice, and stir. Cook in the microwave for 9 minutes. Stir, then microwave for another 9 minutes. If you want a creamier risotto, add 1/4 cup of warm water, and cook for another 2 minutes. Stir in the Parmesan cheese as soon as it comes out of the microwave, and serve.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:24.97, Inflammation Score:-4, Nutrition Score:6.9573912989834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 245.84kcal (12.29%), Fat: 10.08g (15.51%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 32.17g (11.7%), Sugar: 1.08g (1.2%), Cholesterol: 16.01mg (5.34%), Sodium: 733.66mg (31.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Manganese: 0.49mg (24.32%), Folate: 94.01µg

(23.5%), Vitamin B1: 0.25mg (17%), Selenium: 8µg (11.42%), Iron: 1.83mg (10.15%), Vitamin B3: 1.9mg (9.5%), Phosphorus: 73.59mg (7.36%), Vitamin B2: 0.11mg (6.34%), Vitamin E: 0.85mg (5.68%), Vitamin B5: 0.55mg (5.53%), Copper: 0.11mg (5.38%), Fiber: 1.34g (5.34%), Zinc: 0.72mg (4.83%), Calcium: 47.14mg (4.71%), Vitamin B6: 0.09mg (4.35%), Magnesium: 13.16mg (3.29%), Vitamin K: 3.29µg (3.13%), Vitamin A: 155.37IU (3.11%), Potassium: 79.68mg (2.28%), Vitamin B12: 0.09µg (1.46%), Vitamin C: 0.99mg (1.2%)