



## Microwave Risotto with Ham and Corn

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**423 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups arborio rice uncooked
- 0.3 teaspoon pepper black freshly ground
- 0.8 cup corn kernels frozen
- 14.5 ounce less-sodium chicken broth fat-free canned
- 0.3 cup flat-leaf parsley fresh chopped
- 1.5 cups ham cubed
- 3 tablespoons olive oil
- 2 cups onion chopped

- 0.3 cup parmesan cheese fresh grated
- 0.3 cup provolone cheese shredded
- 1 cup bell pepper red coarsely chopped
- 0.5 teaspoon salt
- 2 cups water hot
- 0.5 cup white wine

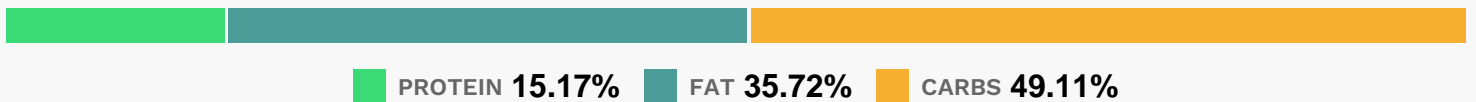
## Equipment

- casserole dish
- microwave

## Directions

- Combine first 3 ingredients in a 2-quart casserole dish; microwave on high 5 minutes. Stir in wine and broth; microwave on high 12 minutes.
- Stir in water and ham; microwave on high 12 minutes. Stir in bell pepper and next 5 ingredients (bell pepper through black pepper); microwave on high 3 minutes. Stir in parsley.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:45.67, Glycemic Load:32.9, Inflammation Score:-9, Nutrition Score:19.35434809975%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

## Nutrients (% of daily need)

Calories: 423.34kcal (21.17%), Fat: 16.19g (24.9%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 46.72g (16.99%), Sugar: 4.6g (5.11%), Cholesterol: 28.33mg (9.44%), Sodium: 1048.34mg (45.58%), Alcohol: 2.06g (100%), Alcohol %: 0.7% (100%), Protein: 15.47g (30.93%), Vitamin C: 39.39mg (47.74%), Vitamin K: 47.05µg (44.81%), Folate: 151.23µg (37.81%), Vitamin B1: 0.55mg (36.61%), Manganese: 0.69mg (34.54%), Selenium: 19.18µg (27.4%), Vitamin B3: 4.59mg (22.93%), Phosphorus: 222.67mg (22.27%), Vitamin A: 1079.82IU (21.6%), Vitamin B6: 0.39mg (19.61%), Iron: 3.11mg (17.28%), Fiber: 3.34g (13.37%), Zinc: 1.95mg (12.98%), Vitamin B2: 0.21mg (12.15%), Calcium: 120.4mg (12.04%), Vitamin B5: 1.17mg (11.68%), Vitamin E: 1.6mg (10.65%), Potassium: 356.67mg (10.19%), Copper: 0.2mg (10%), Magnesium: 37.37mg (9.34%), Vitamin B12: 0.49µg (8.19%), Vitamin D: 0.29µg (1.96%)