



## Monterey Jack, Corn, and Roasted Red Pepper Risotto



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 cup arborio uncooked
- ☐ 2 cups whole-kernel corn frozen
- ☐ 4 garlic cloves minced
- ☐ 1 cup green onions thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce
- ☐ 3 ounces monterrey jack cheese shredded with jalapeño peppers

- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup bottled roasted bell peppers red chopped
- ☐ 29 ounce vegetable broth canned
- ☐ 1.8 cups water

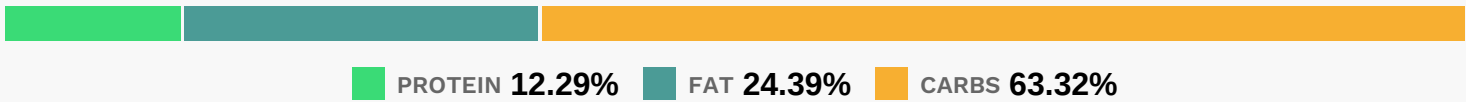
## Equipment

- ☐ sauce pan

## Directions

- ☐ Combine water and broth in a medium saucepan; bring to a simmer (do not boil). Keep broth mixture warm over low heat.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add rice, cumin, coriander (if desired), and garlic; saut 1 minute. Stir in 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of liquid is absorbed before adding the next (about 20 minutes total). Stir in the onions, cheese, hot sauce, corn, and bell peppers; cook 3 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:33.19, Inflammation Score:-8, Nutrition Score:16.986956643022%

## Flavonoids

Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 360.3kcal (18.02%), Fat: 9.96g (15.32%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 54.03g (19.65%), Sugar: 6.12g (6.8%), Cholesterol: 18.92mg (6.31%), Sodium: 1494.84mg (64.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.57%), Vitamin K: 53.57µg (51.02%), Folate: 170.02µg (42.51%), Manganese: 0.76mg (38.16%), Vitamin C: 19.38mg (23.49%), Vitamin B1: 0.35mg (23.04%),

Vitamin A: 1030.97IU (20.62%), Calcium: 204.57mg (20.46%), Phosphorus: 201.24mg (20.12%), Iron: 3.46mg (19.25%), Selenium: 11.81µg (16.87%), Fiber: 4.12g (16.48%), Vitamin B3: 3.22mg (16.08%), Vitamin B2: 0.21mg (12.52%), Vitamin B6: 0.23mg (11.72%), Copper: 0.22mg (11.18%), Zinc: 1.66mg (11.1%), Vitamin B5: 1.03mg (10.26%), Magnesium: 39.42mg (9.85%), Potassium: 292.14mg (8.35%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.18µg (2.94%)