



## Oat Risotto with Roasted Cauliflower

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 head cauliflower
- 5 cups chicken broth
- 2 tablespoons flat-leaf parsley fresh chopped
- 3 cloves garlic finely chopped
- 4 servings kosher salt and ground pepper black finely
- 5 tablespoons olive oil extra-virgin
- 1 onion chopped
- 0.5 cup parmesan finely grated

- 1 cup steel-cut oats
- 2 tablespoons butter unsalted
- 0.5 cup white wine

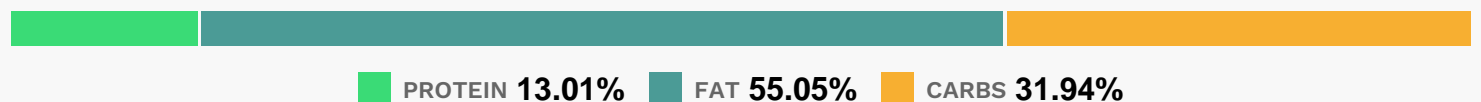
## Equipment

- baking sheet
- sauce pan
- oven
- pot

## Directions

- Preheat the oven to 425 degrees F.
- Cut the cauliflower into 1/2-inch pieces and toss with 2 tablespoons of the oil, 1 teaspoon salt and 1/2 teaspoon pepper.
- Spread on a baking sheet and roast until golden, about 45 minutes.
- Combine the broth and 1 cup water in a saucepan and bring to a bare simmer.
- Heat the remaining 3 tablespoons oil in a medium, heavy pot over medium-high heat until hot.
- Add the garlic, onions, 1 teaspoon salt and 1/2 teaspoon pepper, and cook until softened, about 8 minutes. Stir in the oats and wine, and boil until the liquid is reduced by half, about 2 minutes.
- Stir in the simmering broth 1 cup at a time, adding more after half of the liquid has evaporated. Continue stirring until the oats are tender, 35 to 40 minutes. Use all of the broth. Stir in the butter, cheese and parsley and season with salt and pepper.
- Serve immediately, topped with the roasted cauliflower and parsley.

## Nutrition Facts



## Properties

Glycemic Index:63, Glycemic Load:14.94, Inflammation Score:-7, Nutrition Score:19.006087028462%

## 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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

## Nutrients (% of daily need)

Calories: 501.78kcal (25.09%), Fat: 30.28g (46.59%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 39.53g (13.18%), Net Carbohydrates: 31.65g (11.51%), Sugar: 5.61g (6.23%), Cholesterol: 29.42mg (9.81%), Sodium: 1338.43mg (58.19%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 16.1g (32.21%), Vitamin C: 74.68mg (90.53%), Vitamin K: 66.75µg (63.57%), Fiber: 7.88g (31.52%), Manganese: 0.48mg (24.24%), Calcium: 229.53mg (22.95%), Folate: 91.67µg (22.92%), Vitamin E: 2.97mg (19.77%), Vitamin B2: 0.32mg (18.82%), Phosphorus: 181.57mg (18.16%), Vitamin B6: 0.35mg (17.7%), Potassium: 578.92mg (16.54%), Iron: 2.98mg (16.54%), Vitamin B5: 1.12mg (11.2%), Vitamin B1: 0.16mg (10.62%), Magnesium: 37.62mg (9.41%), Vitamin A: 448.21IU (8.96%), Selenium: 5.41µg (7.73%), Vitamin B3: 1.52mg (7.58%), Zinc: 1.08mg (7.17%), Copper: 0.13mg (6.41%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.17µg (1.12%)