



Onion Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce arborio rice
- 1 pound asparagus fresh
- 8 cups warm chicken broth
- 1 cup cooking wine dry white
- 2 garlic cloves pressed
- 2 tablespoons olive oil
- 0.5 cup parmesan cheese shredded
- 2 teaspoons salt

2 pounds onions sweet thinly sliced cut in half and

Equipment

dutch oven

Directions

Snap off tough ends of asparagus; cut into 2-inch pieces. Set aside.

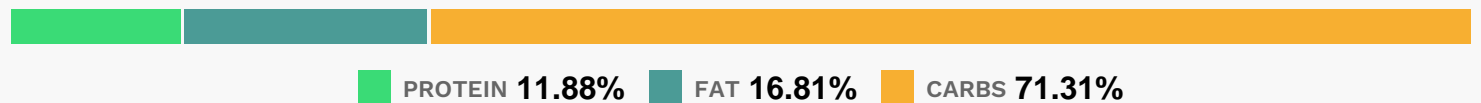
Saut onion, garlic, and salt in hot oil in a Dutch oven until tender.

Add rice; cook, stirring constantly, 2 minutes. Reduce heat to medium; add 1 cup broth. Cook, stirring often, until liquid is absorbed.

Repeat procedure with remaining broth, 1 cup at a time. (Cooking time is about 30 minutes.)

Add asparagus and wine; cook, stirring gently, until liquid is absorbed. Stir in cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:48.08, Inflammation Score:-9, Nutrition Score:21.951739198488%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 32.56mg, Quercetin: 32.56mg, Quercetin: 32.56mg, Quercetin: 32.56mg

Nutrients (% of daily need)

Calories: 461.16kcal (23.06%), Fat: 8.09g (12.44%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 77.2g (25.73%), Net Carbohydrates: 72.12g (26.22%), Sugar: 10.82g (12.02%), Cholesterol: 11.93mg (3.98%), Sodium: 2087.75mg (90.77%), Alcohol: 4.12g (100%), Alcohol %: 0.78% (100%), Protein: 12.86g (25.73%), Folate: 249.73µg (62.43%),

Manganese: 1.23mg (61.48%), Vitamin B1: 0.67mg (44.69%), Vitamin K: 35.03µg (33.36%), Iron: 5.65mg (31.41%), Selenium: 17.22µg (24.6%), Vitamin B3: 4.81mg (24.04%), Phosphorus: 231.05mg (23.11%), Vitamin B2: 0.39mg (23.1%), Copper: 0.44mg (22.06%), Vitamin B6: 0.43mg (21.73%), Fiber: 5.09g (20.34%), Calcium: 167.79mg (16.78%), Vitamin C: 11.8mg (14.31%), Vitamin B5: 1.42mg (14.18%), Potassium: 486.77mg (13.91%), Magnesium: 52.65mg (13.16%), Zinc: 1.95mg (12.98%), Vitamin A: 644.48IU (12.89%), Vitamin E: 1.7mg (11.34%), Vitamin B12: 0.16µg (2.71%)