



## Orzo Risotto with Swiss Chard and Fontina

READY IN



45 min.

SERVINGS



4

CALORIES



649 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 ounces imported fontina cheese cut into 1/4-inch dice (1 cup)
- 1 tablespoon olive oil
- 0.8 pound orzo pasta
- 3 ounces parmesan cheese freshly grated
- 4 servings salt and pepper freshly ground
- 1 large shallots thinly sliced
- 2 teaspoons sherry vinegar
- 1 pound swiss chard red trimmed finely chopped coarsely chopped
- 1 tablespoon butter unsalted

- 2.5 cups vegetable stock low-sodium canned
- 2.5 cups water

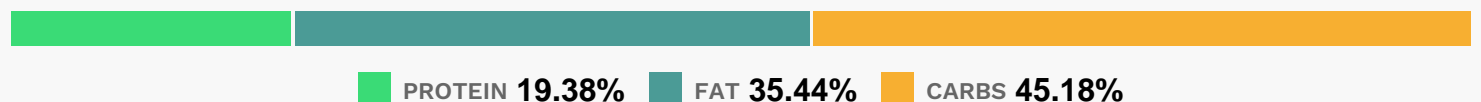
## Equipment

- frying pan
- sauce pan

## Directions

- Bring the chicken stock and water to a simmer in a saucepan; keep warm over low heat. Melt the butter in a medium nonstick saucepan.
- Add the orzo to the butter and cook over moderately high heat, stirring often, until the orzo is golden, about 8 minutes.
- Add 1 cup of the hot stock mixture and cook, stirring gently, until all of the stock is absorbed. Gradually add more of the stock mixture, 1 cup at a time, and cook, stirring frequently, until the orzo is al dente and creamy but not soupy, about 20 minutes.
- Meanwhile, heat the olive oil in a large nonstick skillet.
- Add the shallot and Swiss chard stems and cook over moderately high heat, stirring occasionally, until the stems are tender and lightly browned, about 7 minutes.
- Add the chard leaves and cook over moderately high heat, tossing, until the leaves are wilted, about 2 minutes.
- Add the vinegar. Stir the chard and the Fontina and Parmesan cheeses into the risotto, season with salt and pepper and serve.
- Wine Recommendation: Savory Swiss chard and nutty Fontina will pair successfully with a crisp, lean Soave from Italy, such as the 1998 Bolla Tufaie Castellaro or the 1998 Anselmi San Vincenzo.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:26.71, Inflammation Score:-10, Nutrition Score:33.859565382418%

## Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## **Nutrients (% of daily need)**

Calories: 649.05kcal (32.45%), Fat: 25.72g (39.56%), Saturated Fat: 12.92g (80.72%), Carbohydrates: 73.76g (24.59%), Net Carbohydrates: 69.03g (25.1%), Sugar: 4.77g (5.3%), Cholesterol: 67.13mg (22.38%), Sodium: 1149.06mg (49.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Vitamin K: 944.97µg (899.98%), Vitamin A: 7530.6IU (150.61%), Selenium: 67.46µg (96.37%), Manganese: 1.24mg (61.9%), Phosphorus: 519.36mg (51.94%), Calcium: 472.35mg (47.23%), Vitamin C: 34.53mg (41.86%), Magnesium: 153.77mg (38.44%), Copper: 0.57mg (28.57%), Zinc: 3.96mg (26.4%), Potassium: 830.85mg (23.74%), Iron: 3.74mg (20.79%), Vitamin B2: 0.35mg (20.32%), Vitamin E: 3.03mg (20.19%), Vitamin B3: 4mg (20.02%), Fiber: 4.74g (18.94%), Vitamin B12: 1.04µg (17.26%), Vitamin B6: 0.32mg (15.8%), Vitamin B1: 0.14mg (9.27%), Folate: 36.82µg (9.2%), Vitamin B5: 0.8mg (8.05%), Vitamin D: 0.37µg (2.48%)